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EVERYDAY
MENUS

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FRUIT FOR THE FIRST COURSE.

ELIZABETH CRAIG'S HOUSEHOLD LIBRARY

1500 EVERYDAY MENUS

Daily Menus for a year with
200 Menus for special occasions.
Illustrated by photographs and
with decorations by
Lucy Gee



COLLINS
48 PALL MALL

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CONTENTS

	PAGE
INTRODUCTION	ix
JANUARY: First Week	i
Second Week	4
Third Week	8
Fourth Week	11
FEBRUARY: First Week	15
Second Week	18
Third Week	22
Fourth Week	25
MARCH: First Week	29
Second Week	32
Third Week	36
Fourth Week	39
APRIL: First Week	43
Second Week	46
Third Week	50
Fourth Week	53
MAY: First Week	57
Second Week	60
Third Week	64
Fourth Week	67
JUNE: First Week	71
Second Week	74
Third Week	78
Fourth Week	81
JULY: First Week	85
Second Week	88
Third Week	92
Fourth Week	95

CONTENTS

	PAGE
AUGUST: First Week	99
Second Week	102
Third Week	106
Fourth Week	109
SEPTEMBER: First Week	113
Second Week	116
Third Week	120
Fourth Week	123
OCTOBER: First Week	127
Second Week	130
Third Week	134
Fourth Week	137
NOVEMBER: First Week	141
Second Week	144
Third Week	148
Fourth Week	151
DECEMBER: First Week	155
Second Week	158
Third Week	162
Fourth Week	165
MEATLESS MENUS FOR A WEEK	169
FOUR COCKTAIL PARTY MENUS	172
SLIMMING MENUS FOR A WEEK	173
FATTENING MENUS FOR A WEEK	177
A WEEK'S MENUS FOR BUSINESS GIRLS	181
A WEEK'S MENUS FOR 6 PEOPLE AT 10/- PER HEAD	185
A WEEK'S MENUS FOR CAMPERS	189
A WEEK'S MENUS FOR A WORKING MAN	193
FOURTEEN DINNER MENUS FOR YOUNG CHILDREN	197
SIX SCHOOL LUNCH BOXES	200
INDEX AND PRONOUNCING GLOSSARY	201

ILLUSTRATIONS

FRUIT FOR THE FIRST COURSE	<i>Frontispiece</i>
TO SERVE HORS D'ŒUVRES	<i>facing page</i> 13
GARNISH CLEAR SOUP WITH GREEN PEAS OR DICED VEGETABLES	26
HOME MADE SIMNEL CAKE	41
DECORATION FOR A TRIFLE, USING WHIPPED CREAM AND RATAFIAS	54
PETITS FOURS AND ICE CREAM: A SUMMER SWEET	68
LIGHT AND DARK MIXTURE IN MARBLE CAKE	97
COLD FIRST COURSE: EGGS TOPPED WITH STUFFED OLIVES	110

*With decorations in line
by Lucy Gee*

INTRODUCTION

If you want to make the best use of my menus, read these notes carefully first. Hundreds of people have written to me asking for help in planning their menus, and this book is my answer to their problems. You should find, therefore, that it helps you over most of your difficulties, and if you use it regularly and adapt its advice to your own special needs, the task of providing varied meals throughout the year to meet the tastes of your own household will become as fascinating to you as I find it myself.

It's quite useless to suggest expensive dishes to you, or obscure foreign recipes, or foods out of season, or complicated dishes which are difficult to cook, or meals which are not properly balanced from the health point of view, so you will find that the fare suggested in my menus is the kind that you and your household have grown to like, using foods which you can readily obtain, and that it is, above all, well within the reach of the modest purse. Remember, too, that I've made use of left-overs, when I have thought that they would be available, introduced seasonal foods as much as possible, and varied the style of meals according to the season.

HOW THE DAILY MENUS ARE ARRANGED

It's quite possible to follow these menus week by week for the whole year; but whether you do this, or whether you prefer to dip into them occasionally or for special purposes, I would advise you to begin on *Sunday*, so that you can make the best use of left-overs. The menus are arranged month by month, each month beginning on a Sunday, so if you wish to follow my suggestions systematically it would be best to begin on the *first Sunday in the month*.

As the months vary in the number of days they contain, I have given four weeks to each month only, but you will have

INTRODUCTION

no difficulty in filling in the remaining days from previous menus, so that you can begin in the new month on the first Sunday again.

WHERE SHALL I FIND THE RECIPES?—I have been careful to use only those foods which can be readily and cheaply obtained in most parts of the country, and to suggest dishes which are comparatively simple to plan and cook. Plenty of variety is of course essential if your household is to enjoy the meals you prepare, so here and there I have introduced dishes which I have found especially attractive, but which may be unfamiliar to you. Recipes for these you will find in the notes at the foot of each page (indicated in the index by numbers in italic type). Most of the other recipes (except those which are usually bought ready made) can be found in any good general cookery book—all of them will be found in the *Cookery* volume in *Elizabeth Craig's Household Library*.

MAKING THE MOST OF LEFT-OVERS.—If you discover, as you may, particularly in the High Tea Menus, that you have left-overs which I haven't taken into consideration, substitute dishes made from them for the dish I suggest, and in the case of cake or tea-bread, omit one of the suggested cakes from the following days and use the left-over instead. Please also note that if you are catering for two only, and you've no small pots of preserve, it is better to serve one kind at successive breakfasts until the pot is finished, than to ring the changes I've suggested and have several pots open at once. On the other hand, if you want variety, the preserves will keep if the pots are re-covered every time a supply is taken from them.

If, on the other hand, I've sometimes suggested dishes made from left-overs, and having had to cater for more than four persons you've no left-overs to take into account, substitute another dish for the one suggested. To give you an example, if a shoulder of lamb which was intended to be served hot for dinner, and cold with salad for lunch on the following day, has to serve double the number of people expected, substitute glassed brawn, ham or tongue for the cold lamb. If the hot lamb is required for only one or two extra, eke out the remainder with glassed brawn or tongue. If you have a left-over food and you wish to find a recipe for it, or a menu to build round it refer to it in the index,

INTRODUCTION

where you will find a list of the dishes and menus suitable. In the menus themselves, the dishes made from left-overs (except cold meat used on the second day) are marked (L).

SEASONAL FOODS.—If the seasonal food suggested is not obtainable in your part of the world at the time given, it will be necessary for you to adjust the menus to suit your local market. Sometimes, owing to an early summer, certain fruits and vegetables are in season earlier than I've allowed for; or sometimes, when the weather has been cold or wet, they're later. In either case, when faced with a dish that calls for a fruit or vegetable not in season, substitute canned fruit or vegetables, or a similar dish, so as not to spoil the balance of your menu.

You will notice that as the seasons change I've altered the menus to suit. You should lighten your fare as the days grow longer and make it more substantial as the nights creep in. If you don't care for cold dinner menus, even in the hottest weather, start with iced melon, grapefruit, fruit cocktail, or iced consommé, then ring the changes between baked or steamed fish, fish loaf, roast birds, grilled cutlets, creamed sweet-breads, etc., and conclude with a cold sweet. If you don't always care for hot menus in cold weather, begin with broth or a cream soup, follow with a joint, meat pie, casserole of meat, or roast or boiled fowl, etc., and finish with a cold sweet.

ADAPTING THE MENUS TO SUIT YOUR TASTE

If any of the daily menus are too long, omit a course to suit your taste. Please don't think that I've neglected those people who prefer a simple midday dinner and high tea or supper, to lunch and late dinner. Not at all. For a simple midday dinner, delete the course or courses not wanted from the dinner menus given. If you serve afternoon tea, follow the high tea menus after deleting meat and fruit courses. If you like, you may substitute the savoury course suggested for lunch or supper, when suitable, for the savoury course suggested in high tea menus. If you or your family have a sweet tooth, omit the savoury course. If you prefer savouries, omit the sweet course. If the menus are the length you like, and you've a sweet tooth, start with grapefruit,

INTRODUCTION

fruit cocktail or melon, and end with a sweet; or start with soup, smoked salmon, hors d'œuvres, or in the case of lunch or supper an egg or fish dish, and end with a sweet and dessert. If you've a savoury tooth, however, substitute a savoury for the sweet, and if the menu already ends with a savoury and starts with grapefruit, fruit cocktail or melon, substitute soup, smoked salmon, hors d'œuvres, or a liver pâté for the first course.

If the menus are too short, and there is no fish course included, add a fish course. If there's a fish course, and no savoury, add a savoury. That is, unless you prefer to add dessert.

I have not included cereals (such as porridge, or one of the many specially-treated forms of wheat, barley or rice) in the breakfast menus, because I wanted this book to cater for the majority, and it is easier to add a cereal and keep a balanced menu than to take one away. If your household likes cereals, remember to cut down the starchy foods in the rest of the menu. Thus you should not serve a cereal as well as a dish composed partly of rice or potatoes, or as well as waffles. *Always be careful not to plan too starchy menus.*

I have not always suggested fish only as the main dish on Fridays. You can, if you like, omit the meat dish from the menu and serve only fish, or add a savoury dish to the menu as well.

THE UNEXPECTED GUEST.—To eke out courses so that there is sufficient for the unexpected guest, you should call upon your store cupboard to help you. Let me give you some suggestions for eking out a menu for dinner:

Soup.—Add stock and cooked or canned vegetables, or add canned soup to make quantity required.

Fish.—If boiled or steamed, serve with lobster or shrimp sauce and increase the quantity of potatoes. If fried, increase the quantity of potatoes, and add salad.

Meat.—If joints, increase vegetables and gravy. If fried or grilled, turn into a mixed "Fry" or "Grill" and increase vegetables. If a casserole, add a can of beans or peas and sliced bottled mushrooms just before serving, and reheat. Increase quantity of potatoes.

Poultry.—Add grilled bacon rolls, or sausages or forcemeat balls to dish already planned. Increase vegetables and sauces.

Hot Sweets.—Serve canned fruit, or fruit salad in addition.

INTRODUCTION

Cold Sweets.—Serve canned fruit with moulds. Serve stewed fruit with fancy biscuits kept in a tin, or with sweet wafers.

Savouries.—Keep a tin of cheese straws. Heat and pass round with savoury.

Vegetables.—*Green Peas:* Add part of a can of carrots, sliced and heated in butter. *French Beans:* Make a dish of spaghetti, garnished with tomato sauce, and arrange the buttered beans round. *Greens* (Brussels sprouts, celery, cauliflower, etc.): Serve as prepared and heat up and butter a can of contrasting vegetables.

QUANTITIES OF FOOD TO ALLOW IN YOUR MENUS

THE recipes I have given in the notes to the daily menus are intended for four persons; but, if your family is larger or smaller, you can increase or decrease the ingredients in the recipes accordingly. The following will give you a guide to how much food to allow for an adult portion:

Fish.— $\frac{1}{2}$ lb. whole or with bone;
5 $\frac{1}{2}$ oz. filleted fish.

Meat.—4-5 $\frac{1}{2}$ oz. solid meat; 7 oz.
with bone.

Greens.— $\frac{1}{2}$ lb.

Potatoes.—When old, 2 or 3 according
to size. When new, 4-6. Allow
1 lb. for 3 persons; 2 lb. for 6
persons.

Beans, Broad.—1 lb. in the pods.

Beans, String.—5 oz.

Cabbage.—A quarter of a large one.

Carrots.—4-4 $\frac{1}{2}$ oz.

Cauliflower.—A quarter of a medium-
sized one.

Leeks.—2 or 3.

Marrow.—A quarter of a medium-
sized one.

Onions.— $\frac{1}{2}$ lb.

Parmsips.— $\frac{1}{2}$ lb.

Peas.—1 gill shelled.

Turnips.—3 $\frac{1}{4}$ -4 oz.

TO SAVE WASTE IN THE KITCHEN

IT is almost impossible to avoid a certain amount of waste in your kitchen, especially in the hot weather, unless you have a refrigerator. Even in the best regulated households, it sometimes happens that food ordered cannot be used at once on account of an unexpected invitation to lunch, dinner or supper, or on account of illness. If you haven't a refrigerator, you may be able to save it by cooking and storing it in your larder; but it depends on the kind of food concerned. If you have a refrigerator, emergencies of this kind need never worry you.

INTRODUCTION

To eliminate waste, make full use of left-overs as they crop up—if you haven't a refrigerator to keep them fresh. You must also shop carefully to avoid waste. To give you an example, if you're tempted to buy more than you need of some perishable food, such as fish or meat, on account of its cheapness, you may have to find it a home in the dustbin. When you haven't a refrigerator, be careful to buy perishables daily in the hot weather, and only as much as you require, unless it is food that will keep in good condition when cooked. In cold weather you can save money by taking advantage of cheap offers, as you know the food will keep fresh.

Most housewives imagine that by planning menus far ahead they can avoid waste in the kitchen. My experience is usually the opposite. I find it more economical, as a rule, to plan menus from day to day, in order to use up any left-over food and take advantage of daily offers; but I shop with my eye on my general needs about three days ahead. However, this is a matter which each housewife must decide for herself. If you do your shopping personally, I consider day-to-day planning the most economical. If you shop by telephone, by post, or order from the tradesmen at the door, you'll have to plan ahead, even though it may mean that you have to change some of your menus on account of unexpected callers or invitations.

TO PLAN BALANCED MEALS

If you want all the members of your family to feel well and able to enjoy both work and play, you must cater for them so that they not only have plenty of food, but the right kind of food. If you do this, you'll ward off anæmia, constipation and malnutrition. Only remember, when catering, that brain-workers need less carbohydrates and fats and more proteins than those who do manual labour or indulge in open-air exercises and sports.

To be sure that every member of your family is having nourishing food, you must: (1) Familiarise yourself with the different classes of food essential to life; (2) commit to memory

INTRODUCTION

the foods in each class. Thus eggs and milk come under *Proteins*. Butter and nuts come under *Fats*.

A perfect menu should be well balanced. This means that it should be composed of dishes made from the different classes of foods essential to life. The body needs food to build it, food to help it fight disease, food to keep it in perfect running order, and food to keep it warm and supplied with power to work. The following are the classes into which foods are divided:

BODY BUILDERS.—These form bones, muscles and tissues, and are essential for the repair of waste tissues. *Proteins* are the chief body builders. *Minerals* are also useful in building tissue, etc.

ENERGY AND HEAT SUPPLIERS.—*Carbohydrates* include every kind of starchy and sweet food. They keep the body warm and furnish it with energy for work or play. *Fats* include all edible fats and oils.

CORRECTIVE FOODS.—Cleanse the body and regulate the action of the bowels.

DISSOLVENTS.—Keep the body in perfect running order, helping in elimination, etc.

VITAMINS.—Are essential to life.

Now let me give you a list of the different foods in each class from which you can choose when planning well-balanced menus. *Choose one protein, two fats, two minerals, two dissolvents, three carbohydrates, one or two corrective foods, and one or two vitamins.*

Proteins.—Cheese, eggs, fish, game, meat, milk, poultry, dried beans, lentils and peas, nuts, oatmeal, etc., and all dishes made from one or more of these foods.

Fats.—Butter, cream, chocolate, oily fish, bacon, ham, pork, nuts, salad dressings made with oil, fat meat, cream soups, margarine, sausages; all dishes made with cream; biscuits, cakes or pastry containing fat; any breakfast or tea-breads; suet puddings; rich gravies and sauces, foods cooked in deep or shallow fat, etc.

Minerals.—Apricots, kidneys, liver, whole-grain cereals, milk, green salads, egg yolks, lean meat; dried beans, lentils and peas, and all dried fruits, etc.

Dissolvents.—Buttermilk, cocoa, coffee, tea; all soups, non-alcoholic drinks, water and all watery foods and vegetables, such as melon, marrow, cucumber, grapes, etc. .

INTRODUCTION

Carbohydrates.—(Starchy foods) Bread, biscuits, cakes, cereals, bananas; all baked, boiled or steamed puddings made from bread, cornflour, flour, ground rice, semolina, rice, tapioca, sago, etc.; all root and other starchy vegetables; macaroni, spaghetti, vermicelli, etc. (Sweet foods) Cakes, confectionery, cocoa, honey and all preserves; sweet desserts, including sweetened stewed fruit and fruit salad, and sweetened tea or coffee. *Choose two foods from the starchy class and one from the sweet.*

Corrective Foods.—Coarse cereals, grapes, apples, pears, figs, dates, raisins, prunes, grapefruit, orange and tomato juice, and all unpeeled fruits; rhubarb, fruit drinks and jellies; spinach and other greens, green salads; buttermilk, boiled or steamed celery, beans, peas, cabbage, cauliflower and parsnips, and all wholewheat bread and scones, etc.

Vitamins.—Grapefruit, lemons, oranges, pineapple, tomatoes, raw carrots, green salads, raw onions, cabbage, peas, swedes, etc., eggs, cereals and milk.

When planning each meal, if you remember roughly that bulky, starchy foods should predominate, that proteins should rank second, and fats and sweets third, you won't go far wrong, so long as you introduce enough liquid to act as a distributor and dissolving agent.

If you don't wish to refer to these classes, every time you plan a meal, why not take the easy way, and divide your weekly food allowance so that you automatically balance your menus as you go along. The best way to divide your allowance is into fifths:

1. Bread and cereals.
2. Cheese and milk.
3. Eggs, fish and meat.
4. Fruit and vegetables.
5. Groceries (dried fruits, fats, flour, sugar, etc.)

Milk is the best body-builder children can have; but if you have no children to consider, only allow one-tenth for the second section, and give part of the remaining tenth to the allowance for eggs, fish and meat, and part to the allowance for fruit and vegetables. Remember, when shopping, that potatoes are valuable fuel providers—5½ lb. of potatoes are equal in food value to 1 lb. flour of rice, or other granular food.

When planning your daily menus, see that the following

INTRODUCTION

foods are included: (a) Milk; (b) butter; (c) eggs in some form; (d) meat, with a little fat; (e) bread, and another cereal or a pudding made of a cereal; (f) one or two fruits and vegetables; (g) sugar in the form of jam, jelly or honey, as well as in cakes, puddings or pastry, and cocoa, coffee or tea. Twice or thrice weekly ring the changes between fish, game, liver, kidneys, poultry and other lean meats. Serve also cheese, tomatoes, raw fruit, green salad, and dried beans, lentils or split peas. When it is necessary to keep down the food bill, the following hints are worth noting:

- (1) Dripping has as much food value as butter.
- (2) Cheap cheeses furnish as much vitamin as the more expensive ones.
- (3) Inexpensive fruits are just as valuable as the more expensive ones.
- (4) Cheap grapefruit and oranges, though they may not look attractive, can be squeezed to provide juice, which is just as valuable as fruit served whole.

ORDER OF COOKING MEALS

To be able to serve meals at appointed hours, you must analyse your menus before you start to cook, or the courses may not be ready in their proper order. If any stuffings for birds or joints are required, or if any ingredient of any course needs to be chopped, minced or sieved, cleaned or partly cooked, do this first of all. Then, taking into account the time each course requires cooking as well as its place in the menu, prepare and cook dishes so that they will be ready just before they require to be served. If you are a single-handed housekeeper you need not consider the place of the dish in the menu, unless it be a casserole or a pudding that can be left to cook without attention. For example, you'll have to prepare any fried or grilled food in advance of the meal. Casseroles or joints, baked, boiled or steamed puddings, scalloped savoury dishes, etc., should be put into the oven, or on the stove in the case of boiled or steamed foods, for the length of time they require, less the time they will be cooking while the meal is in process.

Never try to cook a meal in the order of courses. Always

INTRODUCTION

work out the time required for each course in relation to its place in the menu, and prepare and cook accordingly. If any course is prepared without cooking, always make it in advance. If you are preparing an elaborate dinner, or a menu which includes an elaborate entrée, remember that sauces, as well as vegetables, can be kept hot in the top of a double boiler.

THE SPECIAL MENUS

THE Special Menus I have added at the end of the book are a mixed selection planned in response to frequent requests from my readers. The notes I have given you in this introduction apply in general to the Special Menus, but where differences arise you will find that I have dealt with them in the introduction to each kind.

Now, what will you have?

Elizabeth Craig

January



JANUARY: FIRST WEEK

SUNDAY

Breakfast

Grapefruit
Scrambled Eggs Grilled Bacon
Toast Brown Bread
Orange Marmalade
Tea or Coffee

Lunch or Supper

Sliced Tongue Tomato Chutney
Baked Potatoes Beetroot Salad
Pears and Cream
Toast Stilton Cheese Celery

High Tea

Sardines-on-Toast
White Bread Raisin Bread
Teacakes Eccles Cakes
Chocolate Macaroons
Gingerbread
Green Grapes

Dinner

Tomato Soup
Roast Beef Yorkshire Pudding
Roast Potatoes Brussels Sprouts
Apple Tart and Cream
Welsh Rarebit

MONDAY

Breakfast

Apples
Tongue Omelet (*L*)
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Toad-in-the-Hole
Tomato Salad
Stewed Prunes and Custard Sauce
Biscuits Spring Onions
Gervais Cheese

High Tea

Stuffed Eggs Watercress
Brown and White Bread
Drop Scones Bath Buns
Almond Shortcake
Fruit Cake
Spanish Melon

Dinner

Cream of Artichokes
Salmon Soufflé¹
Grilled Mutton Chops
Sauté Potatoes Cauliflower
Peach Betty

NOTE: Add Dessert to Sunday's Dinner, and Roes on Toast to Monday's Dinner, if liked. ¹*Salmon Soufflé*.—Stir 2 cups flaked, canned salmon into 1½ cups well-seasoned, thick, white sauce. Beat in 3 egg yolks, one at a time. Season, then cool. Fold in 3 stiffly-whipped egg whites. Bake in a buttered fireproof dish, in a hot oven, from 20-30 minutes.

JANUARY: FIRST WEEK

TUESDAY

Breakfast

Stewed Prunes (L)
Fried Pork Sausages
Fried Apples
Rolls Toast Lemon Marmalade
Tea or Coffee

Lunch or Supper

Curried Beef (L) Boiled Rice
Apple Chutney Gherkins
Vanilla Blancmange
Pineapple Slices
Rusks Cheshire Cheese

High Tea

Stuffed Tomatoes
White Bread
Raisin Bread (L) Crumpets
Orange Layer Cake
Chocolate Biscuits
Apples

Dinner

Scotch Broth
Grilled Herrings Mustard Sauce
Casserole of Pork
Mashed Potatoes Buttered Kale
Apricot Soufflé

WEDNESDAY

Breakfast

Orange Juice
Kedgeree
Toast Brown Bread
Honey
Tea or Coffee

Lunch or Supper

Fish and Chips
Lettuce and Tomato Salad
Baked Apples Custard Sauce
Oatcakes Watercress
Dutch Cheese

High Tea

Pork Pie Potato Salad
Soda Bread Krapfen¹
Queen Drops Oven Scones
German Pound Cake
Eclairs
Black Grapes

Dinner

Hors d'Œuvres
Cream of Green Peas
Roast Chicken Bread Sauce
Potato Crisps Celery
Baked Chocolate Pudding¹
Whipped Cream

NOTE: Add Biscuits and Cheese to Tuesday's Dinner, and Dessert to Wednesday's, if liked. Stuff Chicken before roasting. ¹*Baked Chocolate Pudding*.—Soak $\frac{1}{2}$ cup breadcrumbs in $1\frac{1}{2}$ cups boiling milk for half an hour. Melt 1 oz. unsweetened chocolate. Stir in $\frac{1}{2}$ cup castor sugar and $\frac{1}{2}$ cup milk. Beat mixture into crumbs. Add pinch salt, $\frac{1}{4}$ teaspoon vanilla and 1 beaten egg. Bake in buttered pie-dish in moderate oven till set. ² p. 159.

JANUARY: FIRST WEEK

THURSDAY

Breakfast

Mandarins
Grilled Kidneys and Bacon
Toast Orange Marmalade
Tea or Coffee

Lunch or Supper

Tripe and Onions
Mashed Potatoes
Fruit Salad and Cream
Biscuits Gruyère Cheese

High Tea

Fried Fish and Chips
Hot Buttered Toast
Flannel Cakes Currant Bread
Coffee Macaroons
Orange Layer Cake
Fruit Salad

Dinner

Smoked Salmon
Grilled Hamburg Steaks
Scalloped Potatoes
Braised Onions
Loganberry Charlotte
Chicken Liver Rolls^a (L)

FRIDAY

Breakfast

Grapefruit
Fried Salmon Cakes
Toast Brown Bread
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Belgian Rice
Stewed Figs Custard Sauce
Oatcakes Radishes
Cream Cheese

High Tea

Eggs and Bacon Scramble
Toasted Muffins
White Bread
Flapjacks^a Chelsea Buns
Chocolate Swiss Roll
Ratafia Cheese Cakes
Stewed Pears

Dinner

Lentil Purée
Fried Whitebait
Scotch Boiled Silverside
Carrots Onions Turnips
Dumplings Potatoes
Ritz Creams^a

NOTE: Add Scalloped Crab to Thursday's Dinner and Anchovy Canapés to Friday's, if liked. Serve Fried Croûtons with Lentil Purée. ^aChicken Liver Rolls.—Cut livers into small pieces. Season. Roll each in half rasher bacon. Skewer and grill. Serve on toast. ^aRitz Creams.—Put 1 tablespoon diced pineapple at the bottom of each sundæ glass. Cover with mashed banana. Sprinkle with grated chocolate. ^a p. 129.

JANUARY: SECOND WEEK

SATURDAY

Breakfast

Stewed Figs (L)
Grilled Kippers
Toast Rolls
 Honey
Tea or Coffee

Lunch or Supper

Cold Silverside Pickles
 Russian Salad
Blackcap Pudding
Toast Celery
Bel Paese Cheese

High Tea

Sausage Rolls Celery
Devonshire Splits
Sultana Malt Bread
Doughnuts
Chocolate Swiss Roll (L)
Petits Fours
Fruit Salad

Dinner

Liver Pâté Toast
 Roast Pheasant
Bread Sauce Fried Crumbs
Potato Straws Stewed Cabbage³
 Apricot Fool (L)
 Fried Oysters

SUNDAY

Breakfast

Grapefruit
Fried Tomato Sausages
Fried Bread Fried Apples
Toast Oatcakes
 Damson Jelly
Tea or Coffee

Lunch or Supper

Vegetable Broth
Melton Mowbray Pie
Potato, Celery and Onion Salad
Grape Jelly¹
Whipped Cream

High Tea

Pheasant Paste (L) Watercress
Hot Buttered Toast
Dough Cake
Milk Scones Cream Buns
Nut Rock Cakes Cherry Cake
 Dessert

Dinner

Chestnut Soup
Roast Pork Apple Sauce
Roast Potatoes Braised Celery
Fruit Compôte² Cream
 Cauliflower Cheese⁴

NOTE: Add Tomato Bouillon to Saturday's Dinner, if liked. Serve Strawberry Jam and Whipped Cream with Devonshire Splits. If liked, substitute Cold Ham, Chutney and Salad for Pheasant Paste at Sunday's High Tea. ¹*Grape Jelly*.—Add peeled, seeded grapes to taste to lemon jelly. ²*Fruit Compôte*.—Mix canned Pineapple and Mandarins with Apple, Pear, Banana and Grapes or Cherries, or a combination of the above in your favourite proportions. ³ p. 28; ⁴ p. 53.

JANUARY: SECOND WEEK

MONDAY

Breakfast

Pineapple Rings
Fried Egg, Bacon and Tomato
Toasted Brown Bread
Orange Marmalade
Tea or Coffee

Lunch or Supper

Fish Croquettes
Tomato Sauce
Baked Rice Pudding
Stewed Dried Apricots
Biscuits Radishes
Stilton Cheese

High Tea

Pressed Beef
Egg and Lettuce Mayonnaise
Brown Bread Dough Cake (L)
Cherry Cake (L)
Coconut Biscuits
Chocolate Eclairs
Dates and Tangerines

Dinner

Oxtail Soup
Cold Pork Apple Chutney
Creamed Potatoes
Beetroot Salad
Pineapple Flan
Tunny Fish Canapés

TUESDAY

Breakfast

Mandarins
Fried Bloaters
Toast Rolls
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Pork Terrapin¹ (L)
Baked Custard
Stewed Apples
Oatcakes Celery
Cheddar Cheese

High Tea

Baked Haddock
White Bread Currant Bread
Oven Scones
Hawaiian Layer Cake
Ginger Nuts
Peaches and Cream

Dinner

Fruit Cocktail
Crab Croquettes
Jugged Hare
Mashed Potatoes Buttered Savoy
Cottage Puddings
Hot Cheese Tartlets

NOTE: Add Lobster au Gratin (glassed) to Dinner on Monday, if liked.
¹*Terrapin*.—Melt 3 tablespoons butter in a double boiler. Stir in 3 tablespoons flour. When frothy, add 1½ cups milk. Stir till boiling and smooth. Season. Add 2½ cups diced meat, 3 chopped hard-boiled eggs, 1 tablespoon minced celery. When hot, stir in 2 tablespoons Sherry or cream. Serve on fried bread.

JANUARY: SECOND WEEK

WEDNESDAY

Breakfast

Apples
Grilled Ham and Tomatoes
Toast Marmalade
Waffles and Maple Syrup
Tea or Coffee

Lunch or Supper

Haricot Mutton Mashed Potatoes
Hot Syrup Roll
Toast Cream Cheese
Watercress

High Tea

Fried Herrings
Watercress Salad
Brown Bread Soda Scones
Caramel Rolls Ribbon Cake
Short Biscuits
Oranges

Dinner

Purée of Beans
Grilled Mackerel
Maitre d'Hôtel Butter
Boiled Fowl Capers Sauce
Riced Potatoes Peas Carrots
Macedoine of Fruit

THURSDAY

Breakfast

Fried Sausages Apple Slices
Toast Potato Pancakes¹
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Onion Soup²
Fried Plaice and Chips
Tomato Sauce
Chocolate Blancmange
Mandarin Fingers

High Tea

Buck Rarebit³
Crumpets Currant Buns
Wheaten Nut Bread
Spiced Layer Cake
Date Drops
Pears

Dinner

Hors d'Œuvres
Scallops of Brill
Grilled Steak and Onions
Potato Crisps Grilled Tomatoes
Baked Semolina Pudding
Stewed Figs

NOTE: Add Welsh Rarebit to Wednesday's Dinner, and Chicken Liver Rolls⁴ to Thursday's, if liked. ¹Potato Pancakes.—Sift $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ teaspoon salt and $1\frac{1}{2}$ teaspoons baking powder into a basin. Rub in 2 tablespoons butter. Add 1 cup mashed potato, and milk to make a soft dough. Roll to $\frac{1}{4}$ inch thickness. Cut into rounds. Fry in the hot fat till brown on both sides. ²p. 121; ³p. 143; ⁴p. 3.

JANUARY: SECOND WEEK

FRIDAY

Breakfast

Grapefruit
Scrambled Eggs
Toasted Brown Bread
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Boiled Cod Anchovy Sauce
Baked Apple Dumplings
Custard Sauce
Brown Rolls Radishes
Dutch Cheese

High Tea

Salmon Loaf² Chicory Salad
White Bread Toast
Wheaten Scones
Balmoral Cheese Cakes
Coconut Cake
Bananas and Cream

Dinner

Mock Turtle Soup
Casserole of Liver
Mashed Potatoes
Green Peas
Lemon Meringue Pie
Cheese Croquettes

SATURDAY

Breakfast

Stewed Prunes
Fish Cakes (L)
Tomato Sauce
Rolls Toast
Honey
Tea or Coffee

Lunch or Supper

Grilled Kidneys and Tomatoes
Fried Potatoes
Baked Fruit Roll
Toast Celery
Cheese

High Tea

Brawn Celery Mayonnaise
Brown Oatmeal Bread
Welsh Pikelets
Swiss Buns Jap Cakes³
Chocolate Layer Cake
Pineapple

Dinner

Scotch Broth
Fried Rabbit
Sauté Potatoes Chicory Salad
Steamed Chocolate Pudding
Cream Sauce¹
Dessert

NOTE: Add Dessert to Friday's Dinner, and Scallops au Gratin to Saturday's, if liked. Serve Salmon Loaf with Parsley and Egg Sauce, if liked. ¹ Cream Sauce. — Beat $\frac{1}{2}$ cup butter to a cream. Stir in 1 cup sifted icing sugar by degrees, then $\frac{1}{2}$ teaspoon vanilla essence. Beat $\frac{1}{2}$ cup thick cream till stiff, and fold into mixture. Serve in a sauceboat. ² p. 107; ³ p. 130.

JANUARY: THIRD WEEK

SUNDAY

Breakfast

Pineapple (L) or Mandarins
Boiled Eggs
Toast Oatcakes
Strawberry Jam
Tea or Coffee

Lunch or Supper

Rabbit Broth (L)
Cold Meat Loaf
Lyonnaise Potatoes²
Pickled Beetroot
Raisin and Walnut Betty
Biscuits Watercress
Danish Blue Cheese

High Tea

Cheese and Walnut Sandwiches
Buttered Shrimp Toasts
Milk Bread Date Muffins
Mocha Layer Cake
Genoa Cake Walnut Wafers
Dessert

Dinner

Tomato Juice Cocktail³
Roast Beef Yorkshire Pudding
Roast Potatoes Buttered Leeks
Apple Trifle
Gruyère Tit-Bits⁴

MONDAY

Breakfast

Grapefruit
Stewed Finnan Haddock
Toast Brown Rolls
Tangerine Marmalade
Tea or Coffee

Lunch or Supper

Shepherd's Pie (L)
Buttered Kale
Apple Fritters Custard Sauce
Wheaten Biscuits Endive Salad
Brie Cheese

High Tea

Liver Pâté
Toast Celery
Bath Buns Gingerbread
Chocolate Biscuits
Brownies⁵ Genoa Cake (L)
Oranges

Dinner

Cream of Tomatoes
Baked Ham Corn Fritters⁴
Buttered Spinach
Lemon Cheese Tartlets
Cauliflower Cheese⁵

NOTE: Serve Cream Crackers lightly buttered, sprinkled with cheese and crisped under the grill with Cocktail. ³Gruyère Titbits.—Cut thin triangles of bread to fit triangles of Gruyère cheese, sold in cartons. Split cheese horizontally. Sandwich bread with cheese. Fry "pairs" in butter till golden. Serve each on a cocktail stick. ¹ p. 42; ² p. 22; ⁴ p. 78; ⁵ p. 53; ⁶ p. 166.

JANUARY: THIRD WEEK

TUESDAY

Breakfast

Stewed Apples
Ham Omelet (L)
Toast Brown Bread
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Scotch Collops
Mashed Potatoes Mashed Turnips
Dried Fruit Salad
Honeycomb Mould^a
Toast Cheese

High Tea

Scotch Eggs
Lettuce and Tomato Salad
White Bread Orange Bread
Cream Buns Raisin Cake
Pitcaithly Bannock
Dessert

Dinner

Clear Soup Baden-Baden
Grilled Lamb Cutlets
Fried Potatoes Creamed Spinach
Date Pudding Custard Sauce
Angels-on-Horseback

WEDNESDAY

Breakfast

Stewed Figs
Fried Kippers
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Cream of Mushrooms
Pork Pie
Mixed Vegetable Salad
Compôte of Apricots
Cream

High Tea

Finnan Croûtes¹
Rolls and Butter
Waffles and Maple Syrup
Walnut Layer Cake
Apricot Tartlets Coconut Kisses
Fruit Salad

Dinner

Hors d'Œuvres
Fish au Gratin
Roast Stuffed Breast Veal
Potato Balls Braised Celery
Pineapple Soufflé

NOTE: Add Fried Smelts with Lemon and thin Brown Bread and Butter to Tuesday's Dinner, and Mushrooms on Toast to Wednesday's, if liked. ¹*Finnan Croûtes*.—Heat 4 heaped tablespoons flaked Finnan haddock with $\frac{1}{4}$ oz. butter, 1 tablespoon cream, 1 oz. grated cheese, 1 beaten egg, salt and made mustard to taste. When thick, pile on four rounds fried bread, covered with sliced, fried tomato. ^a p. 12.

JANUARY: THIRD WEEK

THURSDAY

Breakfast

Orange Juice
Boiled Eggs
Toast Rolls
Orange Marmalade
Tea or Coffee

Lunch or Supper

Fried Liver and Bacon
Fried Onions Potato Chips
Sir Walter Raleigh Pudding¹
Biscuits Watercress
Cream Cheese

High Tea

Macaroni Cheese
Sliced Tomato Salad
Brown Bread Sultana Scones
Strawberry Swiss Roll
Chocolate Eclairs Rice Biscuits
Fresh Pears

Dinner

Onion Soup
Grilled Pork Chops
Chestnut Purée
Potato Croquettes
Stewed Apples
Orange Custard Sauce²
Smoked Roe Canapés

FRIDAY

Breakfast

Pineapple Juice
Kedgerie
Toast Oatcakes
Apple Jelly
Tea or Coffee

Lunch or Supper

Stewed Rabbit and Onions
Mashed Potatoes Buttered Kale
Baked Sago Pudding
Stewed Dates
Toast Radishes Cheese

High Tea

Liver Sausage
Radishes Celery
Toast Malt Bread
Bath Buns Dough Cake
Chocolate Drops
Orange Layer Cake
Dessert

Dinner

Rabbit Broth (L)
Fried Fillets of Plaice
Sauce Tartare
Mutton Hot-Pot
Mashed Swedes
Meringues and Cream

NOTE: ¹*Pudding*.—Mix $\frac{1}{2}$ lb. breadcrumbs with $\frac{1}{2}$ lb. butter, 3 oz. brown sugar, $\frac{1}{2}$ lb. shredded suet, 1 tablespoon flour. Steam in a buttered basin for 3 hours. Serve with Lemon Sauce³. ²*Custard Sauce*.—Beat 2 egg yolks with $\frac{1}{2}$ cup castor sugar. Add 1 cup milk. Cook over boiling water till thick, stirring constantly. Cool. Stir in 1 tablespoon orange juice and a pinch salt. ³ p. 15.

JANUARY: FOURTH WEEK

SATURDAY

Breakfast

Sliced Peaches
Bacon and Eggs
Toast Rolls
Honey
Tea or Coffee

Lunch or Supper

American Grill¹
Potato Crisps
Scalloped Tomatoes
Banana Fool
Biscuit Celery
Stilton Cheese

High Tea

Fried Sausage Cakes
Fried Pineapple
Brown Bread Tea Cakes
Devonshire Splits
Cherry Macaroons Fruit Cake

Dinner

Mulligatawny Soup
Sole Florentine²
Steak and Kidney Pie
Riced Potatoes Buttered Greens
Cream Caramel

SUNDAY

Breakfast

Stewed Figs
Grilled Kidneys and Bacon
Toast Oatcakes
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Pork Galantine
Bean Salad Watercress
Apple Betty
Rusks Radishes
Cream Cheese

High Tea

Pickled Herring
Toast Soda Bread
Shortbread Biscuits
Greengage Tartlets
Gingerbread
Grapes

Dinner

Cream of Mushrooms
Roast Stuffed Shoulder of Mutton
Roast Potatoes Brussels Sprouts
Pineapple Trifle
Kippers au Gratin³

NOTE: Add Stuffed Tomatoes to Saturday's Dinner, and Dessert to Sunday's.
¹*American Grill*.—Grill 1 lamb cutlet, 1 small slice lamb's liver and 1 rasher bacon for each person. ²*Kippers au Gratin*.—Remove fillets from 1 large kipper. Grill. Dip in melted butter, then in grated Parmesan. Arrange each on a canapé of buttered toast. Sprinkle with crumbs. Dab with butter. Bake crisp. ³ p. 161.

JANUARY: FOURTH WEEK

MONDAY

Breakfast

Apples
Steamed Eggs
Toasted Scones
Brown Bread Honey
Tea or Coffee

Lunch or Supper

Cold Ham and Tongue
Potato Salad
Raisin Rice Pudding
Toast Lettuce
Wensleydale Cheese

High Tea

Curried Prawns
Raisin Bread Sally Lunn
Toasted Crumpets
Flapjacks* Fruit Cake (L)
Canned Figs and Cream

Dinner

Clear Soup Colbert
Cold Mutton Pickles
Buttered Artichokes
Chicory Salad
Marmalade Pudding
Tongue Toasts¹ (L)

TUESDAY

Breakfast

Cape Nectarines
Fried Bread, Bacon and Tomatoes
Rolls Oatcakes
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Kidneys en Brochette⁴
Potato Straws
Watercress Salad
Queen's Pudding
Toast Radishes
Cream Cheese

High Tea

Crab Rarebit
Waffles and Maple Syrup
Scones Raisin Bread (L)
Chocolate Macaroons
Spiced Layer Cake
Oranges

Dinner

Minestrone
Fried Skate Lemon Butter
Casserole of Guinea Fowl
Mashed Potatoes Buttered Peas
Honeycomb Mould⁴
Compôte of Pears

NOTE: ¹*Toasts*.—Mix 5 oz. minced tongue with 1 beaten egg yolk, 2 teaspoons cream, minced parsley and seasoning. Spread on buttered toast. Brown under grill. ⁴*Mould*.—Soften $\frac{1}{4}$ oz. gelatine in 1 pint milk. Beat 3 egg yolks. Add 3 oz. sugar, grated rind 1 lemon. Stir into milk. Bring to boil stirring constantly and boil, still stirring, for 3 minutes. Fold in 3 stiffly-beaten egg whites. Add juice of 1 lemon. Chill in a mould. ² p. 129; ³ p. 83.



TO SERVE HORS D'OEUVRES.

JANUARY: FOURTH WEEK

WEDNESDAY

Breakfast

Grapefruit
Fish Cakes
Toast Brown Bread
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Poloni¹
Celery Mayonnaise
Cottage Pudding
Canned Cherries
Biscuits Watercress
Gervais Cheese

High Teas

Baked Stuffed Eggs
White Bread Date Bread
Chelsea Buns Eccles Cakes
Chocolate Biscuits
Fruit Salad

Dinner

Hors d'Œuvres
Scallops au Gratin
Roast Lamb Mint Sauce
Brussels Sprouts Roast Potatoes
Chocolate Cream Pie

THURSDAY

Breakfast

Orange Juice
Tomato Omelet
Rolls Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Cold Lamb Endive Salad
Baked Stuffed Potatoes²
Baked Batter Pudding
Rolls Celery
Cheddar Cheese

High Tea

Lamb Pasties (L)
Watercress Sandwiches
Nut Bread Swiss Buns
Welsh Cheese Cakes
Raspberry Cream Sandwich
Dessert

Dinner

Split Pea Purée
Roast Ptarmigan Bread Sauce
Creamed Spinach
Potato Straws
Lemon Milk Jelly
Stuffed Tomatoes

NOTE: Add Dessert to Wednesday's Dinner, and Prawns Newburg to Thursday's. Serve Fried Crumbs with Ptarmigan, if liked. ¹*Poloni*.—Put 1 lb. veal and $\frac{1}{2}$ lb. bacon through a mincer. Add $\frac{1}{2}$ lb. breadcrumbs, 1 teaspoon minced parsley, pepper, salt and paprika to taste, 2 beaten eggs and stock to moisten. Shape into a roly-poly. Roll in a wet pudding cloth. Secure tightly. Steam for 2 $\frac{1}{2}$ hours.

JANUARY: FOURTH WEEK

FRIDAY

Breakfast

Stewed Prunes
Boiled Eggs
Toast Brown Bread
Orange Marmalade
Tea or Coffee

Lunch or Supper

Scotch Collops Mashed Potatoes
Tapioca Cream
Strawberry Syrup
Biscuits Radishes
Stilton Cheese

High Tea

Grilled Herrings
Mustard Sauce
White Bread Nut Bread (L)
Bath Buns Orange Gems
Chocolate Cake
Pears

Dinner

Hotch-Potch
Boiled Hake with Egg Sauce
Fried Fillet of Steak
Sauté Potatoes Braised Onions
Stuffed Baked Apples¹
Whipped Cream

SATURDAY

Breakfast

Mandarins
Fried Finnan Haddock
Rolls Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Sausages and Mash
Junket
Stewed Dried Apricots
Toast Watercress
Cheshire Cheese

High Tea

Brawn Egg Mayonnaise
Brown Bread Toast
Buttered Currant Buns
Gold Cake Ginger Nuts
Dessert

Dinner

Tomato Soup
Steak and Kidney Pudding
New Potatoes Buttered Greens
Fruit Flan and Cream
Mushrooms on Toast

NOTE: Add Cheese Soufflé to Friday's Dinner, and Lobster Croquettes to Saturday's, if liked. Make Croquettes of glassed Lobster. ¹*Stuffed Baked Apples*.—Stuff apples with mincemeat, after peeling and coring. Spread top of each with Demerara sugar mixed to a paste with butter. Place in a buttered fireproof dish, containing water to cover bottom. Cover. Bake for 15 minutes. Uncover. Baste, and finish baking.

February



FEBRUARY: FIRST WEEK

SUNDAY

Breakfast

Stewed Figs
Grilled Gammon Rashers
Toast Brown Bread
Orange Marmalade
Tea or Coffee

High Tea

Ham and Cress Rolls
Tomato Sandwiches
Bran Muffins
Rock Cakes
Chocolate Cream Layer Cake
Coconut Macaroons
Stewed Apricots

Lunch or Supper

Vegetable Soup
Cold Veal and Ham Pie
Green Pea and Onion Salad
Banana Jelly
Whipped Cream

Dinner

Mandarin Cocktail
Roast Leg of Pork
Apple Sauce
Roast Potatoes
Buttered Savoy
Strawberry Shortcake
Wheaten Biscuits
Celery Cheese

MONDAY

Breakfast

Pineapple Slices
Tongue and Egg Scramble
Rolls Toast
Honey
Tea or Coffee

High Tea

Grilled Kippers
Toast White Bread
Cinnamon Rolls
Jap Cakes¹ Madeleines
Oatmeal Biscuits
Fruit Salad

Lunch or Supper

Scalloped Spaghetti
Creamed Spinach
Compôte of Plums
Custard Sauce
Brown Rolls Radishes
Roquefort Cheese

Dinner

Brown Soup
Salmon Cutlets
Cold Pork Endive Salad
Buttered Haricot Beans¹
Ginger Pudding
Lemon Sauce²

NOTE: Add Dessert to Sunday's Dinner and Cheese Fondue to Monday's. Make Cocktail with canned mandarins, Shortcake with canned berries, and the Compôte with Cape plums. ¹*Buttered Haricot Beans*.—Melt 1½ oz. butter in a saucepan. Stir in juice of ½ lemon, 1 teaspoon minced parsley, and ½ lb. boiled, drained, seasoned haricot beans. ²*Lemon Sauce*.—Heat golden syrup to taste with lemon juice. ³ p. 130.

FEBRUARY: FIRST WEEK

TUESDAY

Breakfast

Grapefruit
Grilled Bacon Tomatoes
Rolls Toasted Crumpets
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Poached Eggs on Spinach
Steamed Sponge Pudding
Apricot Jam Sauce
Oatcakes Celery
Stilton Cheese

High Tea

Devilled Spaghetti
Lettuce Salad
Brown Bread Treacle Scones¹
Doughnuts Shortbread
Coffee Eclairs
Dessert

Dinner

Salmon Bisque⁴
Curried Pork (L) Boiled Rice
Gooseberry Chutney Green Peas
Apricot Soufflé
Mushroom and Tomato Canapés¹

WEDNESDAY

Breakfast

Lemon and Orange Juice
Fried Salmon Cakes (L)
Oatcakes Toast
Damson Cheese
Tea or Coffee

Lunch or Supper

Mushroom Omelet (L)
Pear Flan and Cream
Biscuits Watercress
Gorgonzola Cheese

High Tea

Sardines on Toast
White Bread Short Muffins
Ratafia Cheese Cakes
Fruit Drops Marble Gems
Ginger Cake
Peaches and Cream

Dinner

Baked
Braised Oxtail
Mashed Potatoes Cauliflower
Rice and Pineapple²
Whipped Cream

NOTE: Add to Tuesday's Dinner Grilled Sole and Hollandaise Sauce, and Cheese Croquettes to Wednesday's. ¹*Mushroom and Tomato Canapés*.—Spread fried bread with chopped fried bacon and fried tomato. Top with chopped fried mushrooms, seasoned pepper, salt and ground mace. ²*Rice and Pineapple*.—Mix 2 cups chilled cooked rice with 1 cup whipped cream and 2 cups crushed pineapple. Sweeten to taste. ³ p. 153; ⁴ p. 87.

FEBRUARY: FIRST WEEK

THURSDAY

Breakfast

Stewed Apples
Boiled Eggs
Toast Brown Bread
 Honey
Tea or Coffee

Lunch or Supper

Casserole of Tripe¹
Mashed Potatoes
Date Pudding Vanilla Sauce
Toast Radishes
 Cream Cheese

High Tea

Pressed Beef
Stuffed Tomato Salad
Brown Bread Soda Bread
Bath Buns Dundee Cake²
Chocolate Wafers³
Steamed Rhubarb

Dinner

Cream of Potato
Baked Stuffed Sea Bream
Grilled Lamb Cutlets
Fried Potatoes Creamed Spinach
Orange Fritters

FRIDAY

Breakfast

Pineapple (L)
Grilled Kidneys and Bacon
Toast Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Fish Pie⁴
Endive Salad
Lemon Blancmange
Sliced Peaches
Biscuits Tomatoes
Camembert Cheese

High Tea

Prawns and Watercress
Soda Bread (L) Malt Bread
Date Muffins Lemon Buns
Coconut Layer Cake
Oranges

Dinner

Kidney Soup
Stuffed Breast of Veal
Roast Potatoes Buttered Kale
Mince-meat Roll
Welsh Rarebit

NOTE: Add Angels-on-Horseback to Thursday's Dinner, and Dessert to Friday's, if liked. Serve Sea Bream with Caper or Fennel Sauce. ¹ *Casserole of Tripe*.—Fry 4 sliced carrots and 4 sliced onions in 2 tablespoons butter. Place in a casserole with 1 lb. sliced tripe, $\frac{1}{2}$ pint stock and $\frac{1}{2}$ pint white wine. Season to taste. Cover. Bake in a slow oven for 6 hours. ² p. 93; ³ p. 102; ⁴ p. 79.

FEBRUARY: SECOND WEEK

SATURDAY

Breakfast

Sliced Peaches (L)
Fried Sausage Cakes
Fried Bread Fried Tomatoes
Rolls Toast
Grapefruit Marmalade
Tea or Coffee

High Tea

Eggs au Gratin
Lettuce Salad
White Bread Dough Cake
Chelsea Buns
Russian Gateau Macaroons
Fruit Salad

Lunch or Supper

Fried Hamburg Steaks
Potatoes Parsnip Balls
Banana Custard¹
Biscuits Celery
Cheddar Cheese

Dinner

Brown Soup
Sole au Gratin
Stewed Beef Olives
Mashed Potatoes
Buttered Peas
Chocolate Soufflé

SUNDAY

Breakfast

Apples
Eggs and Bacon
Brown Toast Croissants
Lemon Cheese
Tea or Coffee

High Tea

Sausage and Bacon Rolls²
Watercress Sandwiches
Walnut Bread Nut Rock Cakes
Tutti Frutti Shortbread
Seed Cake Cream Horns
Banana and Orange Salad

Lunch or Supper

Oyster Stew
Rabbit Pie
Mixed Vegetable Salad
Cherry Tartlets
Whipped Cream

Dinner

Grapefruit Cocktail
Roast Turkey Bread Sauce
Roast Potatoes Braised Celery
Raspberry Charlotte
Celery Cheese
Digestive Biscuits

NOTE: Make Watercress Sandwiches with brown bread. Serve water biscuits with Oyster Stew (canned oysters). Fill Turkey crop with pork sausage meat and body with veal stuffing enriched with the chopped, fried liver. Garnish with bacon rolls. ¹*Banana Custard*.—Slice 3 or 4 bananas into 1 pint cool custard sauce. Serve with cream. ²*Sausage and Bacon Rolls*.—Wrap $\frac{1}{2}$ rashers of bacon round chipolata sausages. Skewer with a cocktail stick and grill.

FEBRUARY: SECOND WEEK

MONDAY

Breakfast

Stewed Prunes
Grilled Kippers
Oatcakes Toast
Orange Marmalade
Tea or Coffee

Lunch or Supper

Macaroni Cheese
Lettuce and Tomato Salad
Stewed Dried Apricots Cream
Biscuits Radishes
Sour Milk Cheese

High Tea

Tunny Fish on Toast
Walnut Bread (L) Oven Scones
Russian Gingerbread
Seed Cake (L)
Flapjacks*
Cherries and Cream

Dinner

Cream of Asparagus
Cold Turkey Date Chutney
Stuffed Baked Potatoes¹
Celery Mayonnaise
Jam Omelet
Cheddar Canapés*

TUESDAY

Breakfast

Stewed Apricots (L)
Finnan Kedgerie
Rolls Toast
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Turkey Pancakes (L)
Watercress Salad
Baked Custard
Steamed Rhubarb
Oatcakes Tomatoes
Dutch Cheese

High Tea

Grilled Kidneys on Toast
White Bread Crumpets
Jam Puffs Coconut Gems
Wine Biscuits
Pineapple Layer Cake
Oranges

Dinner

Turkey Soup (L)
Filets of Lemon Sole
Braised Beef and Onions
Mashed Potatoes
Buttered Cabbage
Apple Betty

NOTE: Add Dessert to Monday's Dinner, and Biscuits, Celery and Cheese to Tuesday's, if liked. ¹*Stuffed Baked Potatoes*.—Halve and remove potato from shells. Mash. Add seasoning, butter, hot milk and grated cheese to taste. Return to shells. Brown. ²*Cheddar Canapés*.—Pound 4 oz. Cheddar cheese with 1 oz. butter. Season with French mustard, tomato catsup, salt and cayenne. Spread on fried bread. Heat under grill. * p. 129.

FEBRUARY: SECOND WEEK

WEDNESDAY

Breakfast

Orange Juice
Scrambled Eggs on Toast
Soda Bread Oatcakes
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Italian Spaghetti
Tomato Sauce Chicory Salad
Pears and Custard Sauce
Toast Radishes
Camembert Cheese

High Tea

Scotch Collops Mashed Potato
White Bread Virginian Muffins
Fruit Buns Eclairs
Cherry and Ginger Cake
Banbury Cakes
Dessert

Dinner

Mandarin Cocktail
Roast Stuffed Breast of Lamb
Roast Potatoes Brussels Sprouts
Butterscotch Pudding¹
Olive Cheese Straws

THURSDAY

Breakfast

Grilled Tomato Sausages
Fried Apple Slices
Toast Rolls
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Cold Lamb Date Chutney
Scalloped Potatoes Tomatoes
Gooseberry Roly-poly
Water Biscuits Celery
Gorgonzola Cheese²

High Tea

Salmon Croquettes
Milk Bread Corn Bread
Wheaten Scones
Royal Drops Maids of Honour
Cherry and Ginger Cake (L)
Pineapple Chunks

Dinner

Cream of Mushrooms
Braised Halibut
Roast Teal Wine Sauce
Potato Crisps Orange Salad³
Almond Trifle

NOTE: Add Fried Whitebait to Wednesday's Dinner and Dessert to Thursday's, if liked. ¹*Butterscotch Pudding*.—Melt 1½ oz. castor sugar into a caramel. Stir in 1 cup boiling water, 1 cup brown sugar. When melted, add 2 tablespoons cornflour mixed to a cream with cold water. Stir till smooth. Add 1 oz. butter, pinch of salt, 2 beaten egg yolks. Cool. Cover with meringue. Bake in a moderate oven for 10 minutes. ² p. 88.

FEBRUARY: SECOND WEEK

FRIDAY

Breakfast

Apples
Tomato Omelet
Toasted Crumpets Rolls
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Prawn Curry Boiled Rice
Gingerbread Pudding
Custard Sauce
Biscuits Watercress
Cream Cheese

High Tea

Macaroni Cheese
Brown Bread
Devonshire Splits
Coffee Buns Brandy Snaps
Oxford Plum Cake
Grapes

Dinner

Grapefruit
Braised Sweetbreads
Mashed Potatoes Buttered Peas
Walnut Jelly
Whipped Cream
Roes on Toast

SATURDAY

Breakfast

Stewed Figs
Fried Salmon Cakes
Breakfast Rolls Toast
Orange Marmalade
Tea or Coffee

Lunch or Supper

Pork Pie
Lettuce and Beetroot Salad
Sago Pudding
Apricot Compôte
Oatcakes Radishes
Carraway Cheese¹

High Tea

Scotch Haggis
Tomato Sandwiches
Currant Bread
Cinnamon Rolls Cream Buns
Fudge Layer Cake
Ayrshire Shortbread
Fruit Salad

Dinner

Hors d'Œuvres
Trout à la Meunière
Roast Hazel Hens
Potato Chips Endive Salad
Creamed Artichokes
Peach Flan

NOTE: Add Fried Smelts and Lemon to Friday's Dinner, and Stuffed Celery² or Cauliflower Cheese³ to Saturday's, if liked. ¹Carraway Cheese.—Follow recipe for Sour Milk Cheese. Add carraway seeds to taste and serve on a lettuce leaf. If Scotch Haggis unobtainable, substitute fried *Meat Cakes* made from minced steak, few stale crumbs, minced onion, salt and pepper to taste, and egg to bind.
² p. 26; ³ p. 53.

FEBRUARY: THIRD WEEK

SUNDAY

Breakfast

Orange Juice
Sausage Cakes and Tomatoes
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Cream of Artichokes
Fried Cod's Roe Tomato Sauce
Lyonnaise Potatoes³
Tapioca Cream
Golden Plums

High Tea

Ham Loaf¹ Celery
Cheese and Walnut Sandwiches
Muffins Fig Biscuits
Strawberry Cream Sandwich
Oxford Plum Cake (L)
Compôte of Mandarins

Dinner

Vegetable Broth
Casserole of Guinea Fowl
New Potatoes Green Peas
Bilberry Fool
Biscuits Lettuce
Gorgonzola Cheese

MONDAY

Breakfast

Grapefruit
Boiled Eggs Ham Loaf (L)
Toasted Muffins (L)
Brown Bread
Lime Marmalade
Tea or Coffee

Lunch or Supper

Guinea Fowl Salad (L)
Baked Batter Pudding
Lemon Syrup
Rolls Spring Onions
Cheddar Cheese

High Tea

Fried Kippers
Toast Date Bread
Coffee Buns Flapjacks⁴
Dundee Cake⁵
Ayrshire Shortbread (L)
Dessert

Dinner

Tomato Juice Cocktail³
Salmon Cutlets
Braised Mutton Chops
Mashed Potatoes
Treacle Tart
Dessert

NOTE: ¹*Ham Loaf*.—Add 1 cup breadcrumbs, 1 beaten egg, seasoning and tomato catsup to taste to 1 lb. minced ham. Moisten with stock. Pack in greased loaf tin. Cover with buttered paper. Bake 1 hour. ³*Tomato Juice Cocktail*.—Mix 1 cup chilled tomato juice with 1 teaspoon castor sugar, 2 teaspoons lemon juice, pinch salt and cayenne to taste. Serve in cocktail glasses with hot cheese straws.

² p. 42; ⁴ p. 129; ⁵ p. 93.

FEBRUARY: THIRD WEEK

TUESDAY

Breakfast

Pineapple Chunks
Bacon and Scrambled Eggs
Soda Bread Toast
Orange Marmalade
Tea or Coffee

High Tea

York Ham and Pickles
Potato and Onion Salad
Cress Sandwiches
Bath Buns Ginger Nuts
Chocolate Cream Sandwich
Dundee Cake (L)
Apricots and Cream

Lunch or Supper

Rabbit Pie
Mixed Vegetable Salad
Ground Rice Mould
Raspberry Syrup
Toast Watercress Cheese

Dinner

Haddock Soup
Stuffed Tomatoes¹ (L)
Casserole of Liver
New Potatoes Brussels Sprouts
Fruit Salad
Whipped Cream

WEDNESDAY

Breakfast

Stewed Prunes
Fried Sausages and Potatoes (L)
Oatcakes Toast
Ginger Marmalade
Tea or Coffee

High Tea

Sardines on Toast
Watercress
White Bread Date Bread (L)
Swiss Roll Eccles Cakes
Devil's Food Cake²
Petit Beurre Biscuits
Oranges

Lunch or Supper

Irish Stew
Pineapple Milk Jelly
Sliced Pineapple
Digestive Biscuits Cheese
Lettuce Salad

Dinner

Lentil Purée
Cod Steaks au Gratin
Boiled Fowl Oatmeal Stuffing
Riced Potatoes Buttered Greens
Berry Blancmange
Anchovy Canapés

NOTE: Add Cheese Rarebit to Tuesday's Dinner; omit Celery from Wednesday's and add Devilled Kidney Toasts. ¹*Stuffed Tomatoes*.—Remove a thin slice from stem end of tomatoes. Scoop out pulp. Mix with $\frac{1}{2}$ cup chopped, cooked guinea fowl, $\frac{1}{4}$ cup breadcrumbs, 1 egg yolk, 1 teaspoon minced onion, 1 tablespoon melted butter, $\frac{1}{2}$ teaspoon minced parsley, stock to moisten, seasonings. Stuff. Dab with butter. Bake 25 minutes. ² p. 69.

FEBRUARY: THIRD WEEK

THURSDAY

Breakfast

Stewed Apples
Ham Omelet (L)
Flannel Cakes with Maple Syrup
Toast
Tea or Coffee

Lunch or Supper

Grilled Herrings Mustard Sauce
Chip Potatoes Lettuce Salad
Cherry Betty
Custard Sauce
Rusks Celery Cheese

High Tea

Chicken Croquettes (L)
Malt Fruit Bread Toast
Date Kisses Madeira Cake
Vanilla Layer Cake
Chocolate Biscuits
Sliced Peaches

Dinner

Giblet Soup (L)
Hamburg Steaks
Mashed Potatoes Glazed Carrots
Steamed Date Pudding
Custard Sauce
Mushrooms on Toast

FRIDAY

Breakfast

Orange Juice
Stewed Finnan Haddock
Rolls Brown Bread
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Bubble and Squeak
Orange Roll
Sweet Vanilla Sauce
Oatcakes Spring Onions
Gervais Cheese

High Tea

Devilled Spaghetti
Tomato and Onion Salad
White Bread Clova Scones
American Ribbon Cake
Madeira Cake (L)
Date Biscuits
Pineapple

Dinner

Grapefruit
Roast Spare Ribs of Pork¹
Fried Apple Rings
Roast Potatoes Buttered Sprouts
Fruit Sponge
Whipped Cream
Roes on Toast

NOTE: Add Sole Florentine² to Thursday's menu, and Scotch Angels-on-Horseback³ to Friday's. ¹*Stuffing for Pork*.—Mix 1 cup breadcrumbs, $\frac{1}{2}$ cup diced, salt pork fried till crisp, $\frac{1}{2}$ cup minced onion, $\frac{1}{2}$ cup minced celery, 1 tablespoon minced parsley and seasoning, with 1 cup breadcrumbs. ²*Scotch Angels*.—Roll 4 inch blocks of Finnan Haddock in $\frac{1}{2}$ rashers bacon. Grill. Serve with fried mushrooms. ³ p. 161.

FEBRUARY: FOURTH WEEK

SATURDAY

Breakfast

Green Grapes
Grilled Kidneys on Toast
Oatcakes Rolls
Lemon Cheese
Tea or Coffee

Lunch or Supper

Cold Pork Pickled Red Cabbage
Stuffed Baked Potatoes⁴
Apple and Beetroot Salad
Apricot Tart
Custard Sauce

High Tea

Eggs au Gratin
Brown Bread Watercress
Girdle Scones Dough Cake
Jap Cakes⁶ Apricot Cheese Cakes
Abernethy Biscuits
Fruit Salad

Dinner

Cream of Asparagus
Bream à la Portugaise⁶
Wiener Schnitzel
New Potatoes Green Peas
Banana and Strawberry
Compôte¹

SUNDAY

Breakfast

Apples
Eggs and Bacon
Toast Toasted Currant Buns
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Kidney Soup
Curried Eggs Boiled Rice
Breaded Tomatoes³
Honeycomb Mould⁷
Stewed Figs

High Tea

Shrimps on Toast
Date Bread (L) Muffins
Irish Shortbread
Spiced Coffee Cake
Walnut Biscuits
Pears

Dinner

Passion Fruit Cocktail⁸
Roast Stuffed Loin of Mutton
Roast Potatoes Braised Chicory
Butterscotch Trifle
Biscuits Celery
Cream Cheese

NOTE: Add Welsh Rarebit to Saturday's Dinner, and Dessert to Sunday's, if liked. ¹*Compôte*.—Mix equal quantity sliced bananas with canned strawberries. ³*Breaded Tomatoes*.—Halve and sprinkle tomatoes with salt, pepper, and stale crumbs to taste. Dab with butter, and bake in the oven till crisp. ⁸*Cocktail*.—Use passion fruit juice according to instructions on bottle. Chill. Serve with bretzels. ⁴ p. 19; ⁶ p. 163; ⁶ p. 130; ⁷ p. 12.

FEBRUARY: FOURTH WEEK

MONDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pears (L)	Clear Soup
Egg and Shrimp Scramble (L)	Cold Mutton Celery Salad
Toast Oatcakes	Spaghetti Cheese
Lime Marmalade	Stewed Rhubarb
Tea or Coffee	Vanilla Custard Sauce

<i>High Tea</i>	<i>Dinner</i>
Liver Pâté Spring Onions	Mutton Broth (L)
Brown Bread Toast	Lobster au Gratin
Sultana Scones	Baked Ham Corn Fritters*
Coconut Cake Ginger Nuts	New Potatoes Buttered Leeks
Cream Buns	Fresh Pineapple
Dessert	

TUESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Grapefruit	Fried Fillets of Plaice
Kedgeree	Sauce Tartare Chip Potatoes
Rolls Oatcakes	Eve's Pudding
Red Currant Jelly	Rolls Watercress
Tea or Coffee	Gorgonzola Cheese

<i>High Tea</i>	<i>Dinner</i>
Pork Galantine	Tomato Juice Cocktail*
Tomato Salad Egg Mayonnaise	Fried Cod Steaks
Toast Treacle Scones ⁴	Roast Widgeon
Almond Cheese Cakes	Watercress Salad Potato Crisps
Brandy Snaps	Orange Meringue Pie
Coconut Cake	
Fresh Pineapple (L)	

NOTE: Add to Monday's Dinner, Sponge Drops put together with whipped cream and strawberry jam and serve with the pineapple, peeled, cored, chopped, sugared and chilled. Add Stuffed Celery¹ to Tuesday's Dinner, if liked. Make Lobster au Gratin with glassed lobster. ¹*Stuffed Celery*.—Mix 1 small cream cheese with 1 tablespoon cream, 1 teaspoon minced chives, 2 teaspoons minced pimento. Season to taste. Stuff hollow stalks. * p. 78; * p. 22; * p. 153.

CORNER GREEN GARDEN WITH CAPTAIN PIERCE OF DIED VICTIMS.



FEBRUARY: FOURTH WEEK

WEDNESDAY

Breakfast

Fried Bacon and Bananas
Toast Brown Bread
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Cold Ham
Mixed Vegetable Salad
Baked Apples with Honey
Almond Custard Sauce
Biscuits Radishes
Dutch Cheese

High Tea

Devilled Kidneys¹
Watercress (L)
Toast Drop Scones
Chelsea Buns Flapjacks¹
Chocolate Layer Cake
Compôte of Mandarins

Dinner

Cream of Artichokes
Steak and Kidney Pie
Mashed Potatoes Buttered Savoy
Gooseberry Fool
Stuffed Tomatoes

THURSDAY

Breakfast

Stewed Prunes
Grilled Tomato Sausages
Rolls Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Scotch Collops
Boiled Potatoes Buttered Sprouts
Semolina Mould
Strawberry Syrup
Oatcakes Celery Pommel Cheese

High Tea

Meat Croquettes
Lettuce Salad
Bakestones³
Genoa Cake Custard Slices
Ginger and Banana Salad

Dinner

Mock Turtle Soup
Boiled Salmon Cucumber
Grilled Lamb Cutlets
Buttered Haricot Beans⁴
Grilled Tomatoes
Pear Flan

NOTE: Add Scallops of Brill to Wednesday's Dinner, and Mushrooms-on-Toast to Thursday's Dinner, if liked. Serve new potatoes with Salmon, if liked.
¹*Devilled Kidneys*.—Dip 4 split (but not halved), skinned, cored kidneys in melted butter. Spread with 2 teaspoons Worcester sauce, $\frac{1}{2}$ teaspoon French mustard, $\frac{1}{2}$ teaspoon curry powder, mixed to a paste with butter. Fry in butter. ² p. 129; ³ p. 45; ⁴ p. 15.

FEBRUARY: FOURTH WEEK

FRIDAY

Breakfast

Mandarins
Tongue Omelet
Toast Honey
Waffles Maple Syrup
Tea or Coffee

Lunch or Supper

Casserole of Tripe*
Mashed Potatoes
Pineapple Fritters
Biscuits Spring Onions
Wensleydale Cheese

High Tea

Fried Fish Chip Potatoes
Brown Bread White Nut Bread
Devonshire Splits
Doughnuts Coconut Macaroons
Fruit Salad

Dinner

Grapefruit Cocktail
Roast Stuffed Breast of Lamb
Creamed Spinach New Potatoes
Cream Caramel
Kippers au Gratin*

SATURDAY

Breakfast

Dried Fruit Salad (L)
Fried Herrings
Toast Rolls
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Fried Rabbit
Sauté Potatoes Braised Onions
Tapioca Cream
Loganberries
Oatcakes Celery
Cream Cheese

High Tea

Casserole of Liver and Onions
Mashed Potatoes
Wheaten Scones
Macaroon Cheese Cakes
Madeleines
Ayrshire Shortbread
Green Grapes

Dinner

Mulligatawny Soup
Crab Croquettes Tomato Sauce
Roast Duck Apple Sauce
New Potatoes Red Cabbage¹
Hot Chocolate Soufflé
Dessert

Add Ham Soufflé as second course to Friday's Dinner and Dessert to Saturday's, if liked. Serve Cream Caramel, garnished with sliced banana. If Red cabbage is unobtainable, substitute Savoy. ¹*Stewed Cabbage*.—Wash, shred and stew cabbage till tender with 2 sliced onions, 3 chopped apples and 2 table-spoons butter. Season to taste. Add 1 tablespoon Red Currant Jelly or Carraway seeds, if liked. * p. 17; ¹ p. 11.

March



MARCH: FIRST WEEK

SUNDAY

Breakfast

Orange Juice
Stewed Finnan Haddock
Toast Malt Bread
Lemon Cheese
Tea or Coffee

High Tea

Devilled Eggs
Toast Coffee Bread
Ginger and Cherry Cake
Queen Gems Petrushkas¹
Lemon Cheese Tartlets
Oranges

Lunch or Supper

Curried Duck (L)
Boiled Rice
Junket
Sliced Peaches
Biscuits Olives
Cream Cheese

Dinner

Oxtail Soup
Roast Loin of Pork
Apple and Onion Sauce
Roast Potatoes Buttered Greens
Banana Jelly
Hot Cheese Straws

MONDAY

Breakfast

Apples
Grilled Bacon
Fried Tomatoes and Bread
Toasted Crumpets Rolls
Grapefruit Marmalade
Tea or Coffee

High Tea

Prawn Salad
Toast White Bread
Oven Scones
Shortbread Sultana Buns
Ginger and Cherry Cake (L)
Apricots and Cream

Lunch or Supper

Salmon Loaf²
Parsley Sauce
Baked Chocolate Pudding⁴
Oatcakes Spring Onions
Gorgonzola Cheese

Dinner

Minestrone
Cold Pork Apple Chutney
Waldorf Salad³
Baked Potatoes in Jackets
Prune Fool
Sardine Canapés

NOTE: ¹*Petrushkas*.—Beat 1 egg white to a stiff froth. Add 2 oz. castor sugar and 3 drops lemon juice. Stir till thick. Add 1 oz. grated chocolate, 3 oz. ground almonds. Shape into small balls. Brush with egg white. Bake in a moderate oven for 10 to 15 minutes. ²*Waldorf Salad*.—Mix 2 cups diced celery with 2 cups chopped apple, 1 cup chopped walnuts and mayonnaise to taste. ³ p. 107; ⁴ p. 2.

MARCH: FIRST WEEK

TUESDAY

Breakfast

Fried Sausages Apple Slices
Oatcakes Toast
 Honey
Tea or Coffee

Lunch or Supper

Pork Terrapin² (L)
Green Peas Riced Potatoes
 Pancakes
Toast Radishes
 Cheddar Cheese

High Tea

Fried Kippers
Toast Oatcakes
 Soda Scones
Bath Buns Florentines¹
 Mocha Layer Cake
 Dessert

Dinner

Hors d'Euvres
Baked Halibut Steaks
Casserole of Chicken
Mashed Potatoes Cauliflower
Tangerine Sponge
 Dessert

WEDNESDAY

Breakfast

Grapefruit
Kidney Omelet
Rolls Griddle Cakes
 Maple Syrup
Tea or Coffee

Lunch or Supper

Scallops of Hake
Chicory and Lettuce Salad
Strawberry Roly Poly
 Custard Sauce
Biscuits Celery
 Dutch Cheese

High Tea

Scotch Eggs
Watercress Toast
Drop Scones Cream Buns
Raisin Cake Macaroons
Raspberry Swiss Roll
 Fruit Salad

Dinner

Cream of Asparagus
Steak and Kidney Pie
Mashed Potatoes Mashed Swede
Demerara Apples
Roes on Toast

NOTE: If liked, substitute honey for the maple syrup at Wednesday's breakfast.
¹*Florentines*. — Roll puff pastry out thinly. Cut into small rounds. Bake till pale brown. Spread each with raspberry jam. Cover roughly with meringue. Sprinkle with chopped, blanched almonds. Bake in a slow oven till meringue is set and almonds pale brown. Cool before serving. ² p. 5.

MARCH: FIRST WEEK

THURSDAY

Breakfast

Orange Juice
Poached Eggs
Brown Bread Rolls
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Sliced Tongue Mixed Pickles
Cauliflower Cheese²
Swiss Apple Pudding¹
Oatcakes Spring Onions
Cream Cheese

High Tea

Pork Pie
Tomato Salad
Currant Scones Soda Bread
Tutti Frutti Macaroons
Raisin Cake (L) Nut Drops
Cape Plums

Dinner

Scotch Broth
Fried Whitebait
Roast Shoulder of Lamb
Roast Potatoes
Buttered Artichokes
Peach Fritters

FRIDAY

Breakfast

Stewed Figs
Tongue Omelet (L)
Toast Oatcakes
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Cold Lamb and Chutney
Mashed Potatoes
Brussels Sprouts
Baked Custard Peach Syrup (L)
Rolls Watercress
Gorgonzola Cheese

High Tea

Sausage Rolls Celery Sticks
Malt Bread Farmhouse Scones
Riviera Rock Cakes
Chelsea Buns
Rice Biscuits Chocolate Eclairs
Green Grapes

Dinner

Mock Turtle Soup
Boiled Fowl Oatmeal Stuffing
Riced Potatoes Mashed Parsnips
Cocoa Pie²
Mushrooms on Toast

NOTE: ¹*Pudding*.—Cover stewed apples with equal quantity crushed macaroons and castor sugar. Dab with butter and bake. ²*Pie*.—Mix $\frac{1}{2}$ cup corn-flour with $\frac{1}{2}$ cup cocoa, pinch salt, and $\frac{1}{2}$ cup castor sugar in a double boiler. Add 2 cups hot water. Stir till boiling and smooth. Pour into baked pastry case. Top halved marshmallows. ³p. 53.

MARCH: SECOND WEEK

SATURDAY

Breakfast

Stewed Figs
Fried Salmon Cakes
Brown Rolls Toast
Damson Jelly
Tea or Coffee

Lunch or Supper

Curried Lamb (L) Boiled Rice
Baked Potatoes Apricot Chutney
Fruit Salad Whipped Cream
Toast Radishes
Cheddar Cheese

High Tea

Brawn Egg and Lettuce Salad
Toasted Crumpets
Walnut Bread Bath Buns
Lemon Layer Cake
Cinnamon Biscuits
Apricots and Cream

Dinner

Chicken Broth (L)
Fried Fillets of Sole
Shrimp Sauce
Steak and Kidney Pie
New Potatoes Stewed Cabbage³
Loganberry Fool¹

SUNDAY

Breakfast

Stewed Apples
Grilled Sausage Cakes
Fried Tomatoes
Marmalade Toast
Waffles Maple Syrup
Tea or Coffee

Lunch or Supper

Cream of Celery
Oxford Meat Balls²
Fried Bananas Sauté Potatoes
Greengage Jelly
Cream

High Tea

Sardines on Toast
Bread and Butter Watercress
Teacakes
Cherry Cake Chocolate Biscuits
Simnel Cake
Apples and Oranges

Dinner

Grapefruit
Roast Pork
Sage and Onion Stuffing
Roast Potatoes Braised Celery
Charlotte Russe
Biscuits Spring Onions
Camembert Cheese

NOTE: Add Cheese Aigrettes to Saturday's Dinner and Dessert to Sunday's, if liked. ¹*Loganberry Fool*.—Sieve canned loganberries. Add equal quantity of whipped, sweetened cream. Chill and serve in sundae glasses. ²*Oxford Meat Balls*.—Mix $\frac{1}{2}$ lb. minced steak with $\frac{1}{2}$ lb. minced pork, 1 teaspoon chopped onion, $\frac{1}{2}$ lb. breadcrumbs soaked in water and squeezed dry, and seasonings. Shape into balls and fry. ³ p. 28.

MARCH: SECOND WEEK

MONDAY

Breakfast

Mandarins
Fried Bloaters
Croissants Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Fried Liver and Bacon
Fried Potatoes Green Peas
Gingersnap Pudding¹
Toast Watercress
Cream Cheese

High Tea

Ham à la King²
Brown Bread Sultana Scones
Raspberry Swiss Roll
Doughnuts Yorkshire Parkin
Sponge Cake
Compôte of Pears

Dinner

Tomato Soup
Cold Pork Apple Chutney
Mashed Potatoes Braised Onions
Gooseberry Tart
Scotch Angels-on-Horseback⁴

TUESDAY

Breakfast

Stewed Prunes
Finnan Kedgeree
Toast Rolls
Orange Jelly
Tea or Coffee

Lunch or Supper

Pork Terrapin⁵ (L)
Lettuce and Tomato Salad
Strawberry Roll
Custard Sauce
Biscuits Celery
Dutch Cheese

High Tea

Grilled Herrings Fried Chips
Brown Bread Toast
Welsh Pikelets Orange Bread
Date and Ginger Fingers
Caraway Seed Biscuits
Pineapple Slices

Dinner

Hors d'Œuvres
Boiled Salmon Cucumber Salad
Hamburg Steaks
New Potatoes Creamed Spinach
Raisin Puffs³
Cheese Fondue

NOTE: ¹*Pudding*.—Place 1½ cups crushed gingersnaps in a buttered baking dish. Stir in ½ cup brown sugar, 1 beaten egg, 3 cups milk and ¼ teaspoon mixed spice. Bake in a slow oven till set. ²*Puffs*.—Mix ½ cup castor sugar with 2 eggs, 3 table-spoons melted butter, ½ cup milk, 1 cup flour, 2 teaspoons baking powder, ½ cup chopped raisins. Steam in greased dariole moulds ½ hour. Serve with cream.

³ p. 81; ⁴ p. 24; ⁵ p. 5.

MARCH: SECOND WEEK

WEDNESDAY

Breakfast

Grapefruit
Fried Cod's Roe and Bacon
Brown Bread Toast
Gooseberry Jelly
Tea or Coffee

High Tea

Hot Mutton Pies
Watercress Sandwiches
Nut Bread Honey Scones
Walnut Layer Cake Brownies³
Apricot Cheese Cakes
Dessert

Lunch or Supper

Salmon Mayonnaise (L)
Cucumber Salad
Marmalade Pudding
Almond Custard
Water Biscuits Celery Cheese

Dinner

Brown Soup
Veal Marengo²
Mashed Potatoes
Buttered Kale
Peach Trifle
Gruyère Tit-Bits⁴

THURSDAY

Breakfast

Oranges
Scrambled Eggs
Oatcakes Toast
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Toad-in-the-Hole
Honeycomb Mould⁵
Stewed Plums
Biscuits Lettuce Salad

Dinner

Pressed Beef Pickled Beetroot
White Bread
Treacle Scones⁶
Madeira Cake Fruit Gems
Custard Cream Biscuits
Fruit Salad
Green Pea
Lobster Newburg¹
Stewed Steak and Onions
New Potatoes Cauliflower
Celestine Pancakes

NOTE: Add Fried Fish and Sauce Tartare to Wednesday's Dinner and Dessert to Thursday's. ¹*Lobster Newburg*.—Melt 1 teaspoon butter in top of double boiler. Stir in 2 teaspoons flour, pinch of salt, $\frac{1}{2}$ cup milk. When boiling, stir in 1 egg yolk and 1 large glass lobster, flaked. Season and flavour with sherry. Serve on squares of buttered toast. Sprinkle with minced parsley. ²p. 82; ³p. 166; ⁴p. 8; ⁵p. 12; ⁶p. 153.

MARCH: SECOND WEEK

FRIDAY

Breakfast

Pineapple Chunks
Boiled Eggs
Potato Scones Toast
Honey
Tea or Coffee

Lunch or Supper

Veal Galantine
Potato Salad Tomatoes
Prune Fritters
Toast Celery
Wensleydale Cheese

High Tea

Fried Salmon Cakes
Brown Bread White Bread
Devonshire Splits Fruit Cake
Madeira Cake (*L*)
Ginger Spice Cakes
Peaches and Cream

Dinner

Tomato Juice Cocktail³
Roast Mock Duck¹
Roast Potatoes Buttered Savoy
Baked Pears Ginger Sauce
Tunny Fish Canapés

SATURDAY

Breakfast

Apples
Grilled Kidneys and Bacon
Toast Rolls
Orange Jelly
Tea or Coffee

Lunch or Supper

Cold Mock Duck
Celery and Potato Salad
Raisin Bread Pudding
Oatcakes Lettuce
Cheddar Cheese

High Tea

Cornish Pasties
Watercress Salad
Girdle Scones Krapfen⁴
Chocolate Sponge Roll
Lemon Cheese Cakes
Fruit Cake (*L*)
Bananas and Cream

Dinner

Clear Soup Colbert
Brill au Gratin
Scallops of Veal²
New Potatoes Mushroom Sauce
Cherry Tartlets
Whipped Cream

NOTE: Add Shrimp Omelet to Friday's Dinner and Biscuits and Cheese to Saturday's, if liked. ¹*Mock Duck*.—Ask butcher to bone a shoulder of lamb. Fill it with sausage meat sprinkled with parsley. Truss and roast like duck. Serve with Apple Sauce or Red Currant jelly. ²*Scallops of Veal*.—Dip in seasoned flour. Fry in butter. Serve with buttered, canned asparagus tips. ³ p. 22; ⁴ p. 159.

MARCH: THIRD WEEK

SUNDAY

Breakfast

Stewed Apples
Fried Tomato Sausages
Toast Toasted Muffins
Grapefruit Marmalade
Tea or Coffee

High Tea

Cold York Ham Pickled Onions
Celery Salad
Brown Bread
Sultana Malt Bread
Ginger Drops
Melton Cheese Cakes
Jellied Sliced Peaches

Lunch or Supper

Cream of Tomato Soup
Eggs Florentine
Mashed Potatoes
Treacle Tart

Dinner

Haricot Bean Purée
Roast Irish Turkey
Bread Sauce Cranberry Jelly
Roast Potatoes Braised Celery
Trifle
Anchovy Canapés

MONDAY

Breakfast

Sliced Peaches (L)
Stewed Finnan Haddock
Toast Brown Bread
Tangerine Marmalade
Tea or Coffee

High Tea

Sliced Tongue Russian Salad
Watercress Sandwiches (L)
Milk Bread Currant Buns
Victoria Sandwich
Shortbread Biscuits
Green Grapes

Lunch or Supper

Dressed Crab
Brown Bread Watercress
Lemon Sponge
Stewed Dried Apricots
Biscuits Tomatoes
Dutch Cheese

Dinner

Vegetable Broth
Cold Turkey Apricot Chutney
Cole Slaw¹
Stuffed Baked Potatoes
Cream Caramel
Sardines on Toast

NOTE: ¹*Cole Slaw*. — Mix 2 cups raw shredded cabbage, with Hot Salad Dressing² to moisten. ²*Hot Salad Dressing*. — Mix 2 teaspoons sugar with $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard, and a pinch pepper. Stir in $\frac{1}{2}$ cup vinegar. Bring to boil. Beat 1 tablespoon butter and 1 teaspoon flour to a cream and add to mixture. Cook 5 minutes, stirring constantly. Pour gradually on to 1 beaten egg yolk. Use at once. ³ p. 19.

MARCH: THIRD WEEK

TUESDAY

Breakfast

Stewed Prunes
Kidney Omelet
Rolls Toast
Honey
Tea or Coffee

Lunch or Supper

Grilled Pork Chops
Baked Beans
Buttered Spring Greens
Gooseberry Flan
Oatcakes Radishes
Gorgonzola Cheese

High Tea

Fried Fish Chip Potatoes
Toast Brown Bread
Soda Scones Bath Buns
Marzipan Biscuits
Oxford Plum Cake
Dates and Mandarins

Dinner

Turkey Broth (L)
Grilled Herrings Mustard Sauce
Stewed Veal Olives
Mashed Potatoes Glazed Carrots
Coffee Cream²
Sliced Bananas

WEDNESDAY

Breakfast

Orange Juice
Grilled Bacon Corn Fritters³
Hot Rolls Toast
Crab Apple Jelly
Tea or Coffee

Lunch or Supper

Tripe and Onions
New Potatoes
Cherry Cottage Pudding
Cherry Syrup
Wheaten Biscuits Watercress
Cheddar Cheese

High Tea

Grilled Chipolata Sausages
Brown Bread Fruit Bread
Drop Scones Swiss Buns
Walnut Gingerbread
Cocoa Kisses¹
Dessert

Dinner

Kidney Soup
Sole Mornay⁴
Haricot Mutton
Mashed Potatoes
Baked Custard Pineapple Slices
Stuffed Tomatoes

NOTE: Add Roes on Toast to Tuesday's Dinner and Anchovy Canapés to Wednesday's, if liked. ¹*Cocoa Kisses*.—Beat 2 egg whites till stiff. Stir in $\frac{1}{2}$ cup sugar. Beat, adding more sugar, $\frac{1}{2}$ cup at a time, till you've added 1 cup altogether. Stir in $\frac{1}{2}$ cup sugar mixed with 2 tablespoons cocoa, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ lb. chopped blanched almonds. Bake in a slow oven for about an hour. ² p. 58; ³ p. 78; ⁴ p. 56.

MARCH: THIRD WEEK

THURSDAY

Breakfast

Stewed Figs
Eggs and Bacon Fried Bread
Rolls Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Irish Stew
Lemon Blancmange
Stewed Rhubarb
Toast Celery
Carraway Cheese³

High Tea

Jellied Ham
Egg and Lettuce Salad

Dinner

Spring Vegetable Broth
Fried Rabbit

Brandy Snaps Jam Tartlets
Oranges

Kenya Rings¹
Cheese Soufflé

FRIDAY

Breakfast

Toasted Brown Bread
Rolls Honey
Tea or Coffee

Lunch or Supper

Liver Sausage Canapés²

High Tea

Scrambled Eggs on Toast
Rye Bread Currant Buns
Cream Slices Eccles Cakes
Devil's Food Cake⁵
Ginger Wafers
Black Grapes

Jellied Fruit Salad
Whipped Cream

Dinner

Cream of Asparagus
Halibut Steaks
Maitre d'Hôtel Butter
Grilled Mutton Chops
New Potatoes
Breaded Tomatoes⁴
Chocolate Creams⁶

NOTE: Add Fried Torbay Slips with Hollandaise Sauce to Thursday's Dinner, if liked. ¹*Kenya Rings*.—Fry rounds of sponge or Madeira cake in butter. Brush with hot strawberry syrup. Cover with a pineapple ring when cold. Fill centres with whipped cream. Top with a cherry. ²*Liver Sausage Canapés*.—Spread small rounds of fried bread, when cold, thickly with liver sausage. Criss-cross with strips of pimento. ³ p. 21; ⁴ p. 25; ⁵ p. 69; ⁶ p. 65.

MARCH: FOURTH WEEK

SATURDAY

Breakfast

Pineapple Slices
Sausage Fritters Fried Tomatoes
Toast Rolls
Damson Cheese
Tea or Coffee

Lunch or Supper

Casserole of Liver
Mashed Potatoes Spinach
Raspberry Milk Jelly
Raspberry Syrup Whipped Cream
Oatcakes Radishes
Cream Cheese

Tea

Fried Fish and Chips
Milk Rolls Toast
Maids of Honour
Coburg Cakes Cherry Cake
Fruit Salad

Dinner

Cream of Corn
Chicken Pie
New Potatoes Green Peas
Topsy Squire¹
Kipper Toasts

SUNDAY

Breakfast

Mandarins
Grilled Kippers
Toast Scotch Scones
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Chicken Broth (L)
Boiled Salmon
Cucumber Salad
Pineapple Sponge (L)
Whipped Cream

Dinner

<i>High Tea</i>	<i>Oyster Cocktail</i>
Sliced Tongue Baked Beans	Roast Beef Horseradish Sauce
Crumpets Brown Bread	Mashed Swede Roast Potatoes
Rock Cakes Orange Gems	Yorkshire Pudding
German Pound Cake	Fairy Pudding ²
Coffee Macaroons	Biscuits Watercress
Fresh Pears	Dutch Cheese

NOTE: Add Grilled Sole with Sauce Tartare to Saturday's Dinner, if liked.
¹*Topsy Squire*.—Cut a sponge-loaf into $\frac{1}{2}$ -inch thick slices. Put slices together with custard. Place in a glass dish. Brush loaf with melted apricot jam. Moisten with equal quantity of sherry and brandy. Soak for 2 hours. Spike with blanched, split almonds cut in strips. Garnish with whipped cream. ² p. 90.

MARCH: FOURTH WEEK

MONDAY

Breakfast

Sliced Peaches
Scrambled Eggs Grilled Bacon
Oatcakes Toast
Orange Marmalade
Tea or Coffee

Lunch or Supper

Macaroni Cheese
Lettuce and Cucumber Salad
Creamed Tapioca
Stewed Apricots
Toast Spring Onions
Gervais Cheese

High Tea

Toad-in-the-Hole
Brown Bread Teacakes
Eclairs Shortbread Biscuits
Royal Drops
German Pound Cake (L)
Dessert

Dinner

Oxtail Soup
Cold Roast Beef Pickled Beetroot
Cauliflower Cheese²
Hot Berry Roll
Custard Sauce
Scotch Angels-on-Horseback³

TUESDAY

Breakfast

Grapefruit
Curried Prawns Boiled Rice
Toast Rolls
Lemon Cheese
Tea or Coffee

Lunch or Supper

Grilled Mackerel
Sauté Potatoes Lettuce Salad
Chesham Tart¹
Biscuits Celery
Cheddar Cheese

High Tea

Brawn Tomato Salad
White Bread Walnut Bread
Oven Scones Brownies⁴
Sultana Rock Cakes
Orange Layer Cake
Dessert

Dinner

Spring Vegetable Broth
Scallops au Gratin
Grilled Pork Chops
New Potatoes Buttered Savoy
Raspberry Charlotte Russe

NOTE: Add Prawn Patties to Monday's Dinner and Welsh Rarebit to Tuesday's, if liked. ¹*Chesham Tart*.—Line a pie plate thinly with rich short crust. Bake in a quick oven till pale brown. Put a thin layer of jam in the bottom when case is cold. Cover with a layer of sieved, stewed, sweetened apples. Decorate with whipped cream and chopped blanched pistachio nuts, or halved glace cherries. ² p. 53; ³ p. 24; ⁴ p. 166.



HOME-MADE SIMNEL CAKE.

After the icing is run into the centre, the cake can be decorated with sugar, eggs and a yellow chicken.

[Courtesy Women's Pictorial

MARCH: FOURTH WEEK

WEDNESDAY

Breakfast

Stewed Figs
Grilled Kippers
Brown Bread Toast
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Roast Sheep's Hearts
Sage and Onion Stuffing
Roast Potatoes Buttered Greens
Rhubarb Jelly
Oatcakes Radishes
Wensleydale Cheese

High Tea

Ham and Cress Rolls
Walnut Bread (L) Crumpets
Queen Gems Chelsea Buns
Orange Layer Cake (L)
Raisin Gingerbread
Victoria Plums and Cream

Dinner

Grapefruit Cocktail
Fried Chicken
Potato Crisps Creamed Spinach
Lemon Cream Pie
Roes on Toast

THURSDAY

Breakfast

Fried Sausages Apple Slices
Rolls Oatcakes
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Baked Stuffed Onions
Corn Pudding¹
Ground Rice Mould
Fruit Salad
Toast Watercress
Dutch Cheese

Tea

Pickled Herrings Potato Salad
Brown Bread Toast
Dough Cake Swiss Buns
Raisin Gingerbread (L)
Chocolate Layer Cake
Pineapple Chunks

Dinner

Cream of Mushrooms
Salmon and Cucumber
Sauce Hollandaise
Lancashire Hot Pot
Buttered Seakale
Grape Tartlets

NOTE: Add Dressed Crab to Wednesday's Dinner and Cauliflower Cheese* to Thursday's, if liked. ¹*Corn Pudding*.—Drain 1 can corn and mix with $\frac{1}{2}$ cup of the liquid, 1 teaspoon castor sugar, salt and pepper, $1\frac{1}{2}$ tablespoons flour and 3 tablespoons melted butter. Place in a well-buttered, shallow pie-dish, sprinkle corn with $\frac{1}{2}$ cup breadcrumbs. Dab with butter. Bake for 20 minutes. ¹ p. 53.

MARCH: FOURTH WEEK

FRIDAY

Breakfast

Apples
Poached Eggs on Toast
Rolls Oatcakes
Orange Marmalade
Tea or Coffee

High Tea

Sardines Tomato Salad
Corn Muffins White Bread
Queen Gems (L) Currant Loaf
Strawberry Gateau
Walnut Biscuits
Green Grapes

Lunch or Supper

Stuffed Baked Haddock
Fried Potatoes Lettuce Salad
Steamed Gingerbread Pudding
Vanilla Custard Sauce
Rolls Spring Onions
Gruyère Cheese

Dinner

Cream of Tomato Soup
Baked Turbot
Hamburg Steaks
Buttered Peas
Lyonnaise Potatoes¹
Chocolate Trifle

SATURDAY

Breakfast

Orange Juice
Finnan Kedgeree
Toast Brown Bread
Ginger Marmalade
Tea or Coffee

High Tea

Curried Eggs
Brown Bread Raisin Bread
Wheaten Scones Bath Buns
Walnut Cake
Strawberry Gateau (L)
Fruit Salad

Lunch or Supper

Fish Pie Cucumber Salad
Honeycomb Mould²
Stewed Pears
Oatcakes Radishes
Cream Cheese

Dinner

Liver Pâté
Salmon Croquettes
Boiled Fowl Parsley Sauce
New Potatoes Lettuce Salad
Rhubarb Fool

NOTE: Add Dessert to Friday's Dinner and Cheddar Canapés³ to Saturday's, if liked. Serve Liver Pâté with Toast and Celery. ¹*Lyonnaise Potatoes*.—Season 1 pint cold, boiled sliced potatoes with salt and pepper. Fry 1 tablespoon chopped onion in 2 tablespoons dripping till brown. Add potatoes. Cook slowly till all the fat is absorbed. Sprinkle with 1½ tablespoons chopped parsley. ² p. 12; ³ p. 19.

April



APRIL: FIRST WEEK

SUNDAY

Breakfast

Oranges
Chipolata Sausages
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Tomato Soup
Scotch Collops
Mashed Potatoes Green Peas
Lemon Cheese Tartlets
Rusks Cheese Radishes

High Tea

Spaghetti au Gratin
Lettuce Sandwiches
Currant Buns Flapjacks³
Simnel Cake
Chocolate Macaroons
Orange and Banana Salad

Dinner

Minestrone
Roast Stuffed Veal
Roast Potatoes Artichokes
Butterscotch Pie
Dessert

MONDAY

Breakfast

Stewed Prunes
Grilled Kidneys and Tomatoes
Brown Bread Toast
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Creamed Veal¹ Boiled Rice
Scalloped Spinach⁴
Apple Tart
Oatcakes Radishes
Cream Cheese

High Tea

Welsh Rarebit
Lettuce and Tomato Sandwiches
Devonshire Splits
Walnut Bread Jap Cakes⁵
Simnel Cake (L)
Peaches

Dinner

Clear Soup
Steak and Kidney Pudding
Mashed Potatoes New Carrots
April Fool²
Tunny Fish Toasts

NOTE: Add Salmon Soufflé⁶ to Sunday's Dinner and Dessert to Monday's, if liked. ¹*Creamed Veal*.—Mix chopped veal with highly-seasoned white sauce and green peas to taste. ²*April Fool*.—Place chopped sponge fingers, spread with apricot jam, in the bottom of each sundæ glass. Moisten with sherry. Cover with equal quantity of sieved bananas and whipped cream. Top each with half marshmallow. ³ p. 129; ⁴ p. 85; ⁵ p. 130; ⁶ p. 1.

APRIL: FIRST WEEK

TUESDAY

Breakfast

Stewed Figs
Grilled Bacon and Tomatoes
Toast Oatcakes
Crab Apple Jelly
Tea or Coffee

High Tea

Pork Pie
Tomato and Onion Salad
Currant Scones Brioche
Peach Shortcake Cream Horns
Chocolate Biscuits
Dessert

Lunch or Supper

Scalloped Finnan Haddock
Cucumber Salad
Apple Dumplings
Custard Sauce
Toast Watercress
Gorgonzola Cheese

Dinner

Cream of Mushrooms
Sole à la Portugaise²
Guinea Fowl Voisin¹
New Potatoes Buttered Greens
Pears and Cream

WEDNESDAY

Breakfast

Grapefruit
Fried Bacon and Eggs
Toast Rolls
Lemon Marmalade
Tea or Coffee

High Tea

Tripe and Onions
Watercress Sandwiches
Spiced Buns Macaroons
Genoa Cake Cream Slices
Cinnamon Biscuits
Compôte of Apricots

Lunch or Supper

Liver and Bacon
New Potatoes
Cherries and Junket
Biscuits Radishes
Dutch Cheese

Dinner

Hors d'Œuvres
Kidney Omelet
Stewed Pigeons Green Peas
Mashed Potatoes
Baked Apples
Devonshire Cream

NOTE: ¹*Guinea Fowl Voisin*.—Brown a guinea fowl in butter. Chop 6 rashers of bacon. Place in bottom of casserole. Lay fowl on top. Arrange $\frac{1}{2}$ lb. each sliced mushrooms and chipolatas and 12 peeled button onions round bird. Season and cover. Bake in a slow oven for $1\frac{1}{2}$ hours. Add $\frac{1}{2}$ glass white wine and $\frac{1}{2}$ cup stock. Bake for 10 minutes uncovered. ² p. 163.

APRIL: FIRST WEEK

THURSDAY

Breakfast

Sliced Peaches
Fried Bloaters
Brown Rolls Toast
Honey
Tea or Coffee

High Tea

Fried Pork and Veal Steaks
Grilled Tomatoes
Toast Bath Buns
Melton Cheese Cakes
Marmalade Cake
Dessert

Lunch or Supper

Creamed Sweetbreads-on-Toast
Endive Salad
Steamed Chocolate Pudding
Whipped Cream
Biscuits Spring Onions
Gruyère Cheese

Dinner

Cream of Corn
Fried Oysters in Batter
Roast Loin of Pork
Apple Sauce Roast Potatoes
Raspberry Sponge

FRIDAY

Breakfast

Mandarins
Fried Salmon Cakes
Toast Rolls
Ginger Marmalade
Tea or Coffee

High Tea

Cold Pork Russian Salad
Bakestones¹ Doughnuts
Ginger Nuts
Lime Curd Layer Cake
Scotch Shortbread
Cape Fruit Salad

Lunch or Supper

Cornish Pasties Lettuce Salad
Creamed Rice
Compôte of Apricots
Oatcakes Tomatoes
Carraway Cheese²

Dinner

Clear Soup Custard Dice
Lobster Newburg³
Casserole of Veal
New Potatoes Buttered Seakale
Wine Jelly and Cream

NOTE: Add Smoked Salmon Canapés to Thursday's Dinner and Mushroom-on-Toast to Friday's, if liked. Set seeded grapes, sliced banana or sliced peaches in Wine Jelly, if liked. ¹Bakestones. — Rub 3 oz. butter into $\frac{1}{2}$ lb. self-raising flour. Stir in 1 tablespoon castor sugar and 2 or 3 tablespoons cleaned currants. Mix to a soft dough with milk. Bake on a floured girdle or hot plate till brown on both sides. ² p. 21; ³ p. 34.

APRIL: SECOND WEEK

SATURDAY

Breakfast

Pineapple
Grilled Kidneys and Tomatoes
Toast Oatcakes
Orange Marmalade
Tea or Coffee

Tea

Pork Salad (L)
Brown Bread White Bread
Girdle Cakes Chelsea Buns
Spiced Coffee Cakes
Date Kisses
Stewed Figs

Lunch or Supper

Macaroni Croquettes
Lettuce Salad
Junket
Steamed Rhubarb
Biscuits Watercress
Camembert Cheese

Dinner

Russian Eggs¹
Turbot Spanish Sauce
Roast Stuffed Duck
Green Peas Roast Potatoes
Orange and Mint Salad²
Cream Caramel

SUNDAY

Breakfast

Stewed Apples
Boiled Eggs
Toast Hot Crumpets
Gooseberry Jelly
Tea or Coffee

Tea

Scalloped Crab
Watercress Sandwiches
Balmoral Cheese Cakes
Cherry Buns Walnut Gateau
Chocolate Wafers³
Sliced Pineapple

Lunch or Supper

Fruit Cocktail²
Stewed Veal and Risotto⁴
Gooseberry Tartlets
Whipped Cream

Dinner

Onion Soup⁵
Roast Sirloin of Beef
Roast Potatoes Buttered Greens
Lemon Soufflé
Cheese Croquettes

NOTE: Add Dessert to Saturday's and Sunday's Dinner, if liked. ¹*Russian Eggs*.—Halve hard-boiled eggs. Mash yolks with mayonnaise. Fill whites with mashed sardines. Spread with yolks. Lay a slice of peeled tomato on canapés of fried bread. Serve stuffed half egg in centre of each. ²*Fruit Cocktail*.—Mix diced, canned pineapple, fresh grapefruit and maraschino cherries to taste. Use equal quantity grapefruit and pineapple juice. ³ p. 88; ⁴ p. 98; ⁵ p. 121; ⁶ p. 102.

APRIL: SECOND WEEK

MONDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Fried Sausages	Apple Slices	Brain Snacks ⁴
Toast	Oatcakes	Tomato Sauce Creamed Spinach
Damson Cheese		Gooseberries
Tea or Coffee		Custard Sauce
		Rusks
		Spring Onions
		Gorgonzola Cheese
<i>High Tea</i>		<i>Dinner</i>
Stuffed Eggs		Cream of Carrots
Brown Bread	Sally Lunn	Cold Roast Beef
Clova Scones	Eccles Cakes	Tomato and Onion Salad
Mocha Layer Cake		Italian Spaghetti
Forfar Shortbread		Butterscotch Pudding ⁵
Dessert		Sardines on Toast

TUESDAY

<i>Breakfast</i>		<i>Lunch or Supper</i>
Grapefruit		Beef Terrapin ⁶ (L)
Grilled Kippers		Grilled Tomatoes
Clova Scones (L)	Toast	Boiled Rice
Orange Jelly	Honey	Walnut and Raisin Blancmange
Tea or Coffee		Biscuits
		Lettuce Salad
		Celery Cheese
<i>High Tea</i>		<i>Dinner</i>
Liver Sausage Sandwiches		Hors d'Œuvres Variés ¹
Brown Bread	Potted Cheese	Brill
Potato Scones	Rock Cakes	Mustard Butter
Dundee Cake ⁷		Grilled Lamb Chops
Chocolate Biscuits		Breaded Tomatoes ⁸
Bananas and Cream		New Potatoes
		Lettuce Salad
		Lemon Cream Pie

NOTE: Add Dessert to Monday's and Tuesday's Dinner, if liked. ¹*Hors d'Œuvres Variés*.—Smoked Herring Canapés², Carrot Salad³, Beetroot and Pickled Mushrooms. ²*Canapés*.—Mince 2 smoked herring fillets with 1 stalk celery, 1 cooking apple, and 2 cold, boiled potatoes. Add 2 tablespoons diced beetroot and French dressing to moisten. Serve on fried bread. ³*Carrot Salad*.—Flavour dressing for shredded raw carrot with mustard and sugar. ⁴ p. 101; ⁵ p. 20; ⁶ p. 5; ⁷ p. 93; ⁸ p. 25.

APRIL: SECOND WEEK

WEDNESDAY

Breakfast

Sliced Peaches
Bacon Tomatoes Fried Bread
Brown Bread Toast
Lime Marmalade
Tea or Coffee

Lunch or Supper

Fried Herrings
Sauté Potatoes
Caramel Apple Pudding¹
Oatcakes Radishes
Sour Milk Cheese

High Tea

Mushrooms on Toast
Malt Bread Raisin Scones
Dough Cake
Raisin Gingerbread
Sponge Fingers
Pears

Dinner

Scotch Broth
Russian Fish Pie²
Mixed Grill
Grilled Mushrooms Potato Crisps
Chocolate Blancmange
Bananas and Cream

THURSDAY

Breakfast

Stewed Figs
Salmon Kedgeree
Oatcakes Toast
Blackberry Jelly
Tea or Coffee

Lunch or Supper

Pork Pie
Tomato and Onion Salad
Apple Pancakes³
Biscuits Spring Onions
Gruyère Cheese

High Tea

Spagheti Cheese
Lettuce Salad
Soda Bread Brown Toast
Swiss Buns Fruit Gems
Ayrshire Shortbread
Cape Gooseberries

Dinner

Cream of Celery
Steak and Kidney Pie
Mashed Potatoes
Creamed Spinach
Sponge Pudding with Pineapple
Welsh Rarebit

NOTE: Add Liver Sausage Canapés⁴ to Wednesday's Dinner and Grilled Rainbow Trout to Thursday's, if liked. ¹*Apple Pudding*.—Melt 12 lumps sugar to a caramel with 1 teaspoon lemon juice. Line a greased mould with rounds of bread dipped in the caramel. Peel, core and stew 6 apples to a pulp. Sweeten. Fill mould with purée. Cover with caramel bread, then with greased paper. Bake for $\frac{1}{2}$ hour. ² p. 79; ³ p. 55; ⁴ p. 38.

APRIL: SECOND WEEK

FRIDAY

Breakfast

Apples
Scrambled Eggs
Toast Crumpets
Orange Marmalade
Tea or Coffee

Lunch or Supper

Salmon Loaf² Parsley Sauce
New Potatoes Green Peas
 Mince Tart
Toast Lettuce Salad
 Dutch Cheese

High Tea

Grilled Kippers
Watercress Salad
Walnut Bread Toast
Coffee Macaroons Cherry Cake
Pineapple Layer Cake
Golden Plums

Dinner

Smoked Salmon
Grilled Lamb Cutlets
Lentil Purée Sauté Potatoes
Carrots and Peas
Quince Sponge¹

SATURDAY

Breakfast

Stewed Prunes
Fried Fish Cakes
Oatcakes Brown Rolls
Lemon Cheese
Tea or Coffee

Lunch or Supper

Lancashire Hot-Pot
Stewed Cabbage³
Creamed Tapioca Sliced Peaches
Toast Spring Onions
Gorgonzola Cheese

High Tea

Sardines on Toast
Bran Muffins Currant Bread
Cheese Cakes Doughnuts
Brandy Snaps Cocoa Kisses⁴
Fruit Salad

Dinner

Clear Soup
Sea Bream Pie
Roast Goose Apple Sauce
Roast Potatoes Creamed Peas
Charlotte Russe

NOTE: Add Dessert to Friday's Dinner and Roes on Toast to Saturday's, if liked.
¹*Quince Sponge*.—Pour $1\frac{1}{2}$ cups sweet cider into a saucepan. Add 4 peeled sliced quinces. Stew till tender. Rub through a sieve. Add 1 cup castor sugar. Soften $1\frac{1}{2}$ tablespoons gelatine in $\frac{1}{2}$ cup cold water. Dissolve in $\frac{1}{2}$ cup boiling water. Stir into quince pulp. When beginning to set, add 2 stiffly-frothed egg whites. Mould and turn into a glass dish. ² p. 107; ³ p. 28; ⁴ p. 37.

APRIL: THIRD WEEK

SUNDAY

Breakfast

Grapefruit
Poached Eggs Fried Bacon
Rolls Toast
Ginger Marmalade
Tea or Coffee

High Tea

American Club Sandwich (L)
Nut Bread Currant Scones
Victoria Sandwich
Coburg Cakes
Chocolate Gateau
Green Grapes

Lunch or Supper

Cold Goose Rhubarb Chutney¹
Scalloped Potatoes
Devonshire Junket
Steamed Gooseberries
Toast Radishes
Cheddar Cheese

Dinner

Cream of Tomatoes
Roast Stuffed Loin of Veal
Creamed Spinach Roast Potatoes
Baked Bananas Whipped Cream
Welsh Rarebit

MONDAY

Breakfast

Fried Sausage Cakes
Fried Apple Slices
Apple Jelly Toast
Waffles Maple Syrup
Tea or Coffee

High Tea

Finnan Croûtes²
Malt Fruit Bread
Treacle Scones³ Walnut Drops
Lemon Cheese Cakes
Spiced Coffee Cake
Apricots and Cream

Lunch or Supper

Devilled Spaghetti
Lettuce and Tomato Salad
Baked Vanilla Custard
Stewed Prunes
Oatcakes Endive Salad
Gorgonzola Cheese

Dinner

Hors d'Œuvres
Fried Fillets of Plaice
Sauce Tartare
Roast Hazel Hens
Bread Sauce Potato Straws
Watercress Salad
Pineapple Trifle

NOTE: Add Dessert to Sunday's Dinner and Anchovy Canapés to Monday's.
¹*Rhubarb Chutney*.—Trim 2 lb. rhubarb. Wipe and slice. Peel and remove seeds from 1 lemon. Chop $\frac{1}{2}$ oz. garlic. Bruise $\frac{1}{2}$ oz. ginger. Place all in a pan, with $\frac{1}{2}$ pint vinegar, $\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ lb. picked sultanas, $\frac{1}{2}$ oz. salt and $\frac{1}{2}$ teaspoon cayenne pepper. Boil till thick, stirring frequently. Remove ginger. Use in a month. ² p. 9; ³ p. 53.

APRIL: THIRD WEEK

TUESDAY

Breakfast

Orange Juice
Fried Mackerel
Brown Rolls Oatcakes
Tangerine Marmalade
Tea or Coffee

High Tea

Veal and Green Pea Patties (L)
Sultana Scones Coffee Buns
American Ribbon Cake
Custard Cream Biscuits
Meringues
Fruit Salad

Lunch or Supper

Veal and Ham
Green Pea Salad Date Chutney
Pineapple Fritters (L)
Toast Spring Onions
Cream Cheese

Dinner

Mock Turtle Soup
Crawfish Mayonnaise¹
Baked Hamburg Loaf
Buttered Greens New Potatoes
Apricot Soufflé Pancakes²

WEDNESDAY

Breakfast

Grapefruit
Scrambled Eggs Grilled Bacon
Toast Brown Rolls
Toasted Sultana Scones (L)
Red Currant Jelly
Tea or Coffee

High Tea

Fried Tomato Sausages
Brown Toast Date Bread
Bakestones⁴ Brownies⁵
Genoa Cake
Abernethy Biscuits
Dessert

Lunch or Supper

Sliced Hamburg Loaf (L)
Scalloped Potatoes
Lettuce Salad
Rice Pudding Sliced Peaches
Biscuits Radishes
Dutch Cheese

Dinner

Cream of Green Peas
Fried Whiting
Mutton Stew²
Mashed Potatoes
Stewed Cabbage⁶
Stuffed Baked Apples⁷
Whipped Cream

NOTE: Add Mushrooms-on-Toast to Tuesday's Dinner, Welsh Rarebit to Wednesday's, if liked. ¹*Crawfish Mayonnaise*.—Remove meat from crawfish tails. Soak in French dressing for 1 hour. Flake and moisten with mayonnaise. Serve on individual salad plates lined with lettuce. Garnish with a criss-cross of pimento. ²*Mutton Stew*.—Use any vegetables you have and, if plenty, delete cabbage from menu. ³ p. 106; ⁴ p. 45; ⁵ p. 166; ⁶ p. 28; ⁷ p. 14.

APRIL: THIRD WEEK

THURSDAY

Breakfast

Stewed Figs
Fried Herring
Rolls Toast
Honey
Tea or Coffee

Lunch or Supper

Eggs Florentine
Sir Walter Raleigh Pudding¹
Almond Custard Sauce
Oatcakes Spring Onions
Gorgonzola Cheese

High Tea

Veal and Ham Pie
Lettuce and Tomato Salad
Brown Bread Bath Buns
Fruit Drops Genoa Cake (L)
Chocolate Nougat Cake
Black Grapes

Dinner

Fish Cocktail
Roast Pork Apple Sauce
Broccoli Tops New Potatoes
Loganberry Roll
Stuffed Tomatoes¹

FRIDAY

Breakfast

Stewed Prunes
Boiled Eggs
Soda Bread Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Cold Pork
Baked Beans Apple Chutney
Butterscotch Pudding²
Digestive Biscuits
Lettuce Celery Cheese

High Tea

Fried Salmon Cakes
Cucumber Salad Brown Bread
Currant Scones Chelsea Biscuits
Vinegar Cake Flapjacks⁴
Fresh Pears

Dinner

Cream of Beetroot
Fried Smelts
Casserole of Guinea Fowl
New Potatoes
Creamed Artichokes
Pineapple Trifle

NOTE: Serve Lemon or Hollandaise Sauce with Fried Smelts. ¹Stuffed Tomatoes. Remove blossom ends of 4 large tomatoes. Scoop pulp into a saucepan. Add $\frac{1}{2}$ tablespoon butter and 1 teaspoon onion. Cover and cook slowly for 5 minutes. Add 4 chopped button mushrooms, $\frac{1}{2}$ teaspoon minced parsley, 2 tablespoons grated cheese and an egg yolk. Season to taste. Fill tomato shells. Bake for 5 minutes in a moderate oven. ² p. 10; ³ p. 20; ⁴ p. 129.

APRIL: FOURTH WEEK

SATURDAY

Breakfast

Pineapple Slices (L)
Tomato Omelet
Toast Rolls
Grapefruit Marmalade
Tea or Coffee

High Tea

Bacon Shortcake
Sliced Tomato Salad
White Bread
Toasted Teacakes Gingerbread
Apricot Swiss Roll
Bananas and Cream

Lunch or Supper

Kidneys and Macaroni
Buttered Spring Greens
Lemon Sponge
Dried Fruit Salad
Oatcakes Radishes
Cream Cheese

Dinner

Oxtail Soup
Salmon Soufflé³
Braised Sweetbreads
New Potatoes Green Peas
Peach Flan

SUNDAY

Breakfast

Oranges
Egg and Pimento Scramble¹
Toast Oatcakes
Lemon Cheese
Tea or Coffee

High Tea

Sausage Rolls
Brown Bread Girdle Scones
Dough Cake Eccles Cakes
Parkin Jap Cakes⁴
Dundee Cake⁵
Apple and Orange Salad

Lunch or Supper

Cream of Tomato Soup
Cold Ham
Cauliflower Cheese²
Apple Fritters

Dinner

Mandarin Cocktail
Roast Sirloin of Beef
Mashed Turnip Parsnip Chips
Roast Potatoes
Loganberry Fool
Biscuits Watercress
Blue Danish Cheese

NOTE: Add Cheese Soufflé to Saturday's Dinner, if liked. ¹Egg and Pimento Scramble. — Allow 1½ tablespoons chopped pimento to 4 eggs. ²Cauliflower Cheese. — Place a boiled cauliflower in a buttered fireproof dish. Pour over ¾ pint well-seasoned cheese sauce. Sprinkle with breadcrumbs, dab with butter and bake in a moderate oven for 15-20 minutes till golden. ³p. 1; ⁴p. 130; ⁵p. 93.

APRIL: FOURTH WEEK

MONDAY

Breakfast

Grapefruit
Grilled Kippers
Toast Dough Cake
Crab Apple Jelly
Tea or Coffee

High Tea

Bacon Omelet
Tomato Sandwiches
Dundee Cake (*L*) Walnut Bread
Tutti Frutti Macaroons
Aberdeen Shortbread
Sliced Peaches

Lunch or Supper

Cold Roast Beef Tomato Chutney
Baked Stuffed Potatoes^a
Junket
Canned Apricots
Toast Spring Onions
Port de Salut Cheese

Dinner

Lentil Purée Fried Croûtons
Scallops of Oysters
Braised Tongue¹ Madeira Sauce
New Potatoes Creamed Spinach
Zabaglione

TUESDAY

Breakfast

Orange Juice
Fried Eggs and Bacon
Oatcakes Toast
Ginger Marmalade
Tea or Coffee

High Tea

Welsh Rarebit
Walnut Bread Currant Buns
Doughnuts
Chocolate Layer Cake
Royal Drops
Dessert

Lunch or Supper

Casserole of Tripe^a
Mashed Potatoes
Tapioca Cream Stewed Apples
Brown Rolls Watercress
Cheddar Cheese

Dinner

Vegetable Broth
Turbot Florentine⁴
Veal Olives
Creamed Spinach
Mashed Potatoes
Charlotte Russe

NOTE: ¹*Braised Tongue*.—Cook half a calf's foot, 3 chopped rashers of bacon, 2 sliced onions and 3 sliced carrots in a stewpan in the bacon fat for 10 minutes. Place tip of a tongue weighing about 2 lb. on top of "braise." Add salt, pepper and 1 gill stock. Cover and cook slowly for 3 hours. Dish tongue. Strain sauce. Return to pan. Add Madeira to taste. ^a p. 19; ^b p. 17; ^c p. 161.



DECORATION FOR A TRIFLE, USING WHIPPED CREAM AND RAUPEAS.

APRIL: FOURTH WEEK

WEDNESDAY

Breakfast

Steamed Rhubarb
Creamed Finnan Haddock
Toast Rolls
Grapefruit Marmalade
Tea or Coffee

High Tea

Fish Pie
Lettuce Salad
Walnut Bread (L) Swiss Buns
Orange Rock Cakes
Treacle Layer Cake
Custard Cream Biscuits
Fruit Salad

Lunch or Supper

Grilled Herrings Mustard Sauce
Lyonnaise Potatoes³
Rice Mould
Stewed Fruit
Biscuits Tomatoes
Gorgonzola Cheese

Dinner

Grapefruit
Roast Chicken Bread Sauce
Potato Crisps Carrots and Peas
Norwegian Cream¹
Asparagus Melted Butter

THURSDAY

Breakfast

Mandarins
Grilled Kidneys and Bacon
Toast Cocoa Bread
Honey
Tea or Coffee

High Tea

Stuffed Tomatoes
Brown Bread Soda Scones
Sultana Buns Genoa Cake
Ginger Nuts Eclairs
Green Grapes

Lunch or Supper

Chicken Broth (L)
Ham à la King⁴
Apple Pancakes²
Oatcakes Radishes
Cheshire Cheese

Dinner

Hors d'Œuvres
Grilled Lamb Cutlets
New Potatoes Buttered Greens
Chocolate Soufflé
Chicken Liver Rolls⁵

NOTE: ¹Norwegian Cream.—Beat 4 egg yolks with 4 oz. sugar. Fold in 4 stiffly-frothed egg whites. Dissolve 1 oz. gelatine in $\frac{1}{2}$ pint warm water. When cool, whisk with strained juice of 1½ lemons into eggs. Set in a glass dish. Spread with apricot jam. ²Apple Pancakes.—Make pancakes in usual way. Fill with stewed, sweetened apples, flavoured with cinnamon and enriched with a pat of butter. ³ p. 42; ⁴ p. 81; ⁵ p. 3.

APRIL: FOURTH WEEK

FRIDAY

Breakfast

Stewed Prunes
Fried Bacon and Potatoes (L)
Toast Rolls
Orange Marmalade
Tea or Coffee

Lunch or Supper

Steamed Eggs on Anchovy Toas
Cottage Pudding
Lemon Sauce²
Biscuits Radishes
Carraway Cheese³

High Tea

Mutton Pies
Watercress Sandwiches
Chelsea Buns Bran Muffins
Butterscotch Fingers
Meringues
Compôte of Apricots

Dinner

Brown Soup
Sole Mornay¹
Braised Calves' Tongues
Mashed Potatoes
Creamed Spinach
Lemon Meringue Pie

SATURDAY

Breakfast

Pineapple Slices
Curried Prawns Boiled Rice
Toast Milk Rolls
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Pressed Beef
Pickled Beetroot
Macaroni Cheese
Orange Sponge
Oatcakes Lettuce
Cream Cheese

Grilled Gammon

Fried Tomatoes
Brown Bread and Butter
Oven Scones Devonshire Splits
Coffee Layer Cake
Rice Biscuits
Mandarins

Dinner

Cream of Asparagus
Boiled Silverside with Vegetable
Steamed Potatoes
Compôte of Fruit
Gruyère Tit-Bits⁴

NOTE: Add Dessert to Friday's Dinner, and Grilled Halibut Steaks with Maitre d'Hôtel Butter to Saturday's, if liked. Cook Silverside with prepared carrots, turnips, onions and dumplings. ¹*Sole Mornay*.—Lay seasoned fillets in bottom of a buttered fireproof dish. Pour over $\frac{1}{2}$ pint cheese sauce. Sprinkle with grated cheese. Bake from 10-15 minutes in a moderate oven. ² p. 15
³ p. 21; ⁴ p. 8.

May



MAY: FIRST WEEK

SUNDAY

Breakfast

Orange Juice
Fried Sausages Apple Slices
Bran Muffins Toast
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Cream of Carrots
Cold Silverside
Mixed Pickles Potato Salad
Cherry Tartlets

High Tea

Veal and Ham Pie
Watercress
Bakestones³ Soda Bread
Jap Cakes⁴ Flapjacks⁵
Date Gingerbread
Black Grapes

Dinner

Fruit Cocktail⁶
Roast Duck
Orange Sauce
New Potatoes Buttered Peas
Sliced Peaches Junket
Sardine Canapés

MONDAY

Breakfast

Sliced Peaches
Bacon Fried Bread Tomatoes
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Onion Soup⁶
Macaroni Cheese
Lettuce and Tomato Salad
Orange Milk Jelly
Fruit Salad

High Tea

Shrimp Omelet
Walnut Bread Cocoa Bread
Sultana Scones
Banana Sandwiches
Cherry Cake Ginger Nuts
Dessert

Dinner

Cream of Potato
Duck Moulds¹ (L)
Grilled Rump Steak
Fried Potatoes Lima Beans
Chocolate Mousse⁷
Welsh Rarebit

NOTE: Add Dessert to Sunday's Dinner, if liked. ¹*Duck Moulds*.—Mix 6 oz. minced cold duck with 3 oz. fresh breadcrumbs. Stir in 1 gill boiling milk 1 tablespoon melted butter, 2 well-beaten eggs and seasoning to taste. Lightly fold in 1 gill whipped cream. Pack into buttered dariole moulds. Cover with buttered paper. Steam from 10-15 minutes. Serve turned out with tomato sauce. ³ p. 46; ⁴ p. 45; ⁵ p. 130; ⁶ n. 129; ⁶ p. 121; ⁷ p. 70.

MAY: FIRST WEEK

TUESDAY

Breakfast

Stewed Prunes
Fried Fish Cakes
Rolls Toast
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Ham à la King²
Endive Salad
Ground Rice Mould
Strawberry Syrup
Toast Radishes
Pommel Cheese

High Tea

Brawn
Tomato Salad
Malt Bread Currant Scones
Cherry Cake Nut Drops
Chocolate Rice Cakes
Green Grapes

Dinner

Liver Pâté
Roast Shoulder of Lamb
Mint Sauce
Buttered Carrots
New Potatoes
Fruit Compôte³

WEDNESDAY

Breakfast

Mandarins
Egg and Sausage Scramble
Toast Oatcakes
Crab Apple Jelly
Tea or Coffee

Lunch or Supper

Cold Lamb Russian Salad
Creamed Potatoes
Baked Apples Custard Sauce
Rolls Watercress
Gorgonzola Cheese

High Tea

Crab and Vegetable Salad
Brown Bread Toast
Treacle Scones⁴ Rock Cakes
Raspberry Swiss Roll
Chocolate Biscuits
Steamed Rhubarb

Dinner

Mulligatawny Soup
Fried Fillets of Plaice
Roast Stuffed Sheep's Heads
Roast Potatoes Glazed Carrots
Coffee Cream¹

NOTE: Add Dessert to Tuesday's Dinner and Asparagus to Wednesday's. Stuff Calf's Heart with veal forcemeat. Serve Fillets of Plaice with Sauce Hollandaise.

¹Coffee Cream.—Dissolve $\frac{1}{2}$ oz. gelatine in $\frac{1}{2}$ gill warm milk. Stir in $\frac{1}{2}$ pint coffee, 2 oz. castor sugar, and vanilla essence to taste. Slightly whip $\frac{1}{2}$ pint cream and fold into mixture. Set in a wet mould. Serve with sliced bananas. ² p. 81;

³ p. 4; ⁴ p. 153.

MAY: FIRST WEEK

THURSDAY

Breakfast

Apples
Finnan Kedgerree
Brown Rolls Toast
Damson Cheese
Tea or Coffee

Lunch or Supper

Shepherd's Pie
Buttered Greens
Sultana Sponge Puff¹
Oatcakes Celery
Port de Salut Cheese

High Tea

Grilled Kippers
White Bread Rye Bread
Potato Scones Oatmeal Biscuits
Eccles Cakes Doughnuts
Tutti Frutti Gingerbread
Dessert

Dinner

Tomato Soup
Boiled Salmon Sauce Tartare
Cucumber Salad
Grilled Steak Watercress
Green Peas Fried Potatoes
Gooseberry Fool

FRIDAY

Breakfast

Grapefruit
Kidneys and Bacon
Oatcakes Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Lancashire Hot-Pot
Honeycomb Mould²
Compôte of Figs
Toast Radishes
Carraway Cheese³

High Tea

Corned Beef
Lettuce and Beetroot Salad
Brown Bread Sultana Scones
Coffee Macaroons Seed Cake
Pineapple Layer Cake
Oranges

Dinner

Vegetable Broth
Salmon Mayonnaise (L)
Kidneys en Brochette⁴
Potato Crisps Green Peas
Butterscotch Pie

NOTE: Add Cheese Aigrettes to Friday's Dinner and Dessert to Friday's. ¹*Puff*.—Rub 3 oz. butter into 6 oz. flour. Stir in 2 oz. castor sugar, $\frac{1}{2}$ teaspoon baking powder, 1 beaten egg and $\frac{1}{2}$ gill milk. Pour into a buttered mould decorated with 2 oz. cleaned sultanas. Cover with greased paper. Steam for 1 hour. Serve turned out with sweet white sauce flavoured lemon essence to taste. ² p. 12; ³ p. 21; ⁴ p. 83.

MAY: SECOND WEEK

SATURDAY

Breakfast

Stewed Figs⁴ (L)
Ham Omelet
Toast Hot Rolls
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Corned Beef Boiled Potatoes
Beetroot and Onion Salad
Viennese Pudding²
Rolls Watercress
Wensleydale Cheese

High Tea

Hot Mutton Pies
Lettuce Sandwiches
Walnut Bread Chelsea Buns
Ratafia Cheese Cakes
Custard Cream Biscuits
Fruit Salad

Dinner

Hors d'Œuvres
Scallops of Brill
Mutton Chops
Mashed Potatoes New Turnips
Raspberry Charlotte Russe
Dessert

SUNDAY

Breakfast

Sliced Peaches
Fried Herrings¹
Oatcakes Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Cream of Green Peas
Fried Sausage Cakes
Sauté Potatoes
Orange Milk Jelly
Cherries

High Tea

Curried Prawns Brown Bread
Corn Muffins Drop Scones
Marble Gems Jam Tartlets
American Ribbon Cake
Seed Cake (L)
Bilberries

Dinner

Grapefruit Cocktail
Roast Scotch Beef
Cauliflower Roast Potatoes
Chocolate Cream Pie
Sardines on Toast

NOTE: Add Tomato Bouillon to Saturday's Dinner, and Asparagus with melted butter to Sunday's. If liked, serve Sausage Cakes with a fried slice of pineapple to each person. Moisten New Turnips when well drained with melted butter seasoned to taste with pepper and sharpened with lemon juice. Garnish Grapefruit Cocktails each with a sprig of mint. ¹Herring.—Split, bone, flour and dip herring in milk, then in medium oatmeal before frying in bacon fat. ²p. 89.

MAY: SECOND WEEK

MONDAY

Breakfast

Oranges
Haddock Kedgeree
Rusks Toasts
Lemon Cheese
Tea or Coffee

Lunch or Supper

Cold Tongue Lettuce Salad
Steamed Sponge Pudding
Apricot Jam Sauce
Oatcakes Spring Onions
Cheddar Cheese

High Tea

Egg and Pimento Scramble¹
Breadcrumb Girdle Scones
Walnut Bread (L)
Chocolate Macaroons
American Ribbon Cake (L)
Shortbread Biscuits
Black Grapes

Dinner

Brown Vegetable Soup
Salmon Croquettes
Cold Beef Pickled Beetroot
Scalloped Potatoes
Honey-Baked Apples

TUESDAY

Breakfast

Green Grapes
Boiled Eggs
Oatcakes Brown Rolls
Honey
Tea or Coffee

High Tea

Hamburg Steaks
Grilled Tomatoes
Brown Bread Toast
Bath Buns Eclairs
Orange Gateau
Rice Biscuits
Bananas and Cream

Lunch or Supper

Grilled Herrings and Chips
Mustard Sauce
Baked Semolina Pudding
Fruit Salad
Rolls Watercress
Gruyère Cheese

Dinner

Cream of Tomatoes
Halibut Steaks Sauce Tartare
Grilled Lamb Cutlets
New Potatoes Green Peas
Vanilla Ice Cream²
Chocolate Sauce¹

NOTE: Add Cheese Fondue to Monday's Dinner and Asparagus with melted butter to Tuesday's before the ice cream. Serve beef on Sunday with Tomato and Onion Salad, if liked. ¹*Chocolate Sauce*.—Melt 2 oz. chocolate in top of a double boiler. Add $\frac{1}{2}$ cup icing sugar and $\frac{1}{4}$ cup hot water. Bring to boil. Cook till smooth. Cool. Fold in 1 cup cream stiffly whipped, and 1 stiffly beaten egg white. Flavour with vanilla. ² p. 53; ³ p. 72.

MAY: SECOND WEEK

WEDNESDAY

Breakfast

Stewed Prunes
Fried Salmon Cakes
Toast Crumpets
Tangerine Marmalade
Tea or Coffee

High Tea

Stuffed Baked Eggs
Watercress Sandwiches
Date Bread Lemon Buns
Devil's Food Cake²
Rock Cakes Cream Slices
Apples

Lunch or Supper

Stewed Kidneys and Rice
Buttered Greens
Honeycomb Mould²
Stewed Pears
Rolls Tomatoes
Cream Cheese

Dinner

Hors d'Œuvres
Grilled Rainbow Trout
Roast Breast of Veal
Buttered Greens New Potatoes
Gooseberry Tart
Roes on Toast

THURSDAY

Breakfast

Grapefruit
Fried Bacon and Eggs
Oatcakes Brown Rolls
Ginger Marmalade
Tea or Coffee

High Tea

Veal Salad (L)
Mustard and Cress Rolls
Date Bread (L) Cream Scones
Yorkshire Curd Cakes
Victoria Sandwich
Chocolate Biscuits
Sliced Peaches

Lunch or Supper

Pork Pie
Lettuce and Tomato Salad
Queen of Puddings
Toast Spring Onions
Gorgonzola Cheese

Dinner

Minestrone
Boiled Scotch Salmon
Cucumber Salad
Chicken Pie
New Potatoes
Creamed Spinach
Vanilla Bavaois¹

NOTE: ¹ *Vanilla Bavaois*.—Scald 2 cups milk. Stir in 2 beaten eggs and $\frac{1}{4}$ cup castor sugar. Cook in top of a double boiler, stirring constantly, until mixture coats the back of a spoon. Remove from stove. Stir in $1\frac{1}{2}$ tablespoons gelatine, softened in $\frac{1}{2}$ cup cold milk. Cool. When beginning to set, stir in $\frac{1}{4}$ teaspoon vanilla. Fold in $\frac{1}{2}$ cup cream, stiffly whipped. Leave to set in a fancy mould.

² p. 12; ³ p. 69.

MAY: SECOND WEEK

FRIDAY

Breakfast

Steamed Rhubarb
Grilled Kippers
Toast Crumpets
Damson Jelly
Tea or Coffee

Lunch or Supper

Salmon Mayonnaise (L)
Cucumber Salad (L)
Fig Tapioca^a
Rolls Radishes
Dutch Cheese

High Tea

Liver and Bacon
Toast Raisin Bread
Bakestones^a
Dundee Cake Eccles Cakes
Cocoanut Biscuits
Dessert

Cream of Watercress
Plaice au Gratin
Mutton Cutlets Onion Sauce
Creamed Potatoes
Blackcap Pudding
Melted Sweet Butter

SATURDAY

Breakfast

Orange Juice
Savoury Omelet
Oatcakes Rolls
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Scotch Collops
Mashed Potatoes Boiled Leeks
Lemon Milk Jelly
Stewed Apricots
Toast Watercress
Celery Cheese

High Tea

Fried Fish and Chips
Tomato Sandwiches
Raisin Bread (L) Drop Scones
Seed Cake Brownies
Coffee Layer Cake
Mandarin Fingers

Dinner

Prawn Cocktail
Roast Lamb Mint Sauce
Lemon Turnips¹ Roast Potatoes
Cream Caramel
Fresh Pineapple^a

NOTE: Add Gruyère Titbits^a to Friday's Dinner and Stuffed Tomatoes to Saturday's, if liked. Serve Sauce Tartare with Fish and Chips. ¹Lemon Turnips.—Peel, dice, and boil turnips in salted water. Drain well. Moisten with melted butter flavoured with lemon juice and seasoned pepper. ^aPineapple.—Peel and remove flesh from core in chunks. Sugar. Stand till clear. Flavour to taste with rum. ^a p. 76; ^a p. 45; ^a p. 166; ^a p. 8.

MAY: THIRD WEEK

SUNDAY

Breakfast

Grilled Sausages Apple Slices
Rolls Toast
Lime Marmalade
Tea or Coffee

Lunch or Supper

Cream of Celery
Cold Lamb Date Chutney
Mixed Vegetable Salad
Rhubarb Betty
Custard Sauce

High Tea

Meat Pasties (L)
Lettuce Sandwiches
Cocoa Bread Orange Gems
Spiced Layer Cake
Apricot Cheese Cakes
Green Grapes

Dinner

Oyster Stew¹
Pot Roast of Guinea Fowl
New Potatoes Carrots and Peas
Pineapple Trifle (L)
Asparagus
Melted Butter

MONDAY

Breakfast

Stewed Figs
Bacon Eggs Tomatoes
Toast Brown Bread
Honey
Tea or Coffee

Lunch or Supper

Macaroni Croquettes²
Tomato Sauce
Chocolate Blancmange
Banana Custard³
Toast Spring Onions
Carraway Cheese⁴

High Tea

Veal and Ham Pie
Watercress
Brown Bread Chelsea Buns
Ginger Wafers⁷
German Pound Cake
Chocolate Eclairs
Pineapple Rings

Dinner

Oxtail Soup
Lobster Newburg⁵
American Grill⁶ Potato Crisps
Maitre d'Hôtel Butter
Viennese Pudding⁸
Almond Custard

NOTE: ¹Oyster Stew.—Add $\frac{1}{2}$ pint milk to liquid from 1 can oysters, $\frac{1}{2}$ oz. butter, pepper to taste. Boil. Add oysters. Cook $\frac{1}{2}$ minute. Serve with cream crackers.
²Macaroni Croquettes.—Cook 1 oz. macaroni in salted water. Chop finely. Melt $\frac{1}{2}$ oz. butter. Stir in $\frac{1}{2}$ oz. flour and $\frac{1}{2}$ gill milk. When thick, stir in macaroni, $1\frac{1}{2}$ oz. grated cheese, $\frac{1}{2}$ egg yolk and seasonings. Cool. Divide into 6. Egg, crumb and fry. ³p. 18; ⁴p. 21; ⁵p. 34; ⁶p. 11; ⁷p. 99; ⁸p. 89.

MAY: THIRD WEEK

TUESDAY

Breakfast

Bilberries
Steamed Eggs Bacon Toasts
Waffles Maple Syrup
Tea or Coffee

Lunch or Supper

Grilled Mackerel
Black Butter¹
Tapioca Cream Fruit Salad
Oatcakes Radishes
Cheshire Cheese

High Tea

Sardines on Toast
Walnut Bread Treacle Scones²
Abernethy Rock Cakes
Swiss Buns
German Pound Cake (L)
Shortbread Biscuits
Cherries and Cream

Dinner

Melon Cocktail
Steamed Halibut
Hollandaise Sauce
Grilled Rump Steak
Fried Onions Fried Potatoes
Vanilla Ice Cream⁴
Grenadine Syrup

WEDNESDAY

Breakfast

Orange Juice
Creamed Finnan Haddock
Toast Brown Rolls
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Grilled Gammon Lentil Purée
Honeycomb Mould⁵
Mandarin Fingers
Rolls Watercress
Gorgonzola Cheese

High Tea

Fried Liver and Bacon
Sauté Potatoes
Walnut Bread (L) Drop Scones
Doughnuts Maids of Honour
Strawberry Swiss Roll
Fresh Pears

Dinner

Vegetable Broth
Roast Mock Duck⁶
Green Peas New Potatoes
Chocolate Creams³
Dessert

NOTE: Add Boiled Salmon, Cucumber and Sauce Tartare to Wednesday's Dinner, if liked. ¹*Black Butter*.—Cook 2 oz. butter in a frying pan till brown. Add $\frac{1}{2}$ teaspoon boiled vinegar. ²*Chocolate Creams*.—Beat 4 egg yolks. Stir in 3 oz. castor sugar. Melt 3 oz. chocolate in enough warm water to make a thick paste. Mix eggs, sugar and chocolate. Set in small moulds. When firm, turn out. Garnish with whipped cream. ³ p. 153; ⁴ p. 72; ⁵ p. 12; ⁶ p. 35.

MAY: THIRD WEEK

THURSDAY

Breakfast

Sliced Peaches
Fried Salmon Cakes
Rusks Toasts
Lemon Jelly
Tea or Coffee

Lunch or Supper

Scalloped Crab
Tapioca Cream
Stewed Plums
Toast Spring Onions
Cheddar Cheese

High Tea

Tongue Asparagus Salad
White Bread Walnut Bread (L)
Coburg Cakes Greengage Tarts
Raisin Gingerbread
Coffee Macaroons
Fruit Salad

Dinner

Cream of Mushrooms
Lobster Mayonnaise
Roast Stuffed Veal
Creamed Spinach
New Potatoes
Gooseberry Tart

FRIDAY

Breakfast

Stewed Prunes
Egg and Green Pea Scramble
Toast Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Cold Veal Apricot Chutney
Mixed Vegetable Salad
Chocolate Blancmange
Banana Custard¹
Oatcakes Radishes
Wensleydale Cheese

High Tea

Fish Pie²
Date Bread Currant Scones
Cherry Gems Queen Cakes
Pineapple Layer Cake
Chocolate Biscuits
Black Grapes

Dinner

Grapefruit Cocktail
Boiled Turbot Egg Sauce
Casserole of Chicken¹
New Potatoes Cauliflower
Apricot Soufflé Pancakes⁴

NOTE: Add Welsh Rarebit to Thursday's Dinner and Stuffed Tomatoes to Friday's, if liked. ¹*Casserole of Chicken*.—Peel and wash $\frac{1}{2}$ lb. mushrooms. Slice into a frying pan. Add 1 oz. butter, seasonings, and a peeled sliced onion. Fry 10 minutes. Joint chicken, place in casserole with 2 oz. chopped bacon, fried mushroom mixture, and dab with 1 oz. butter. Cover and cook in a moderate oven till tender in about an hour. ² p. 18; ³ p. 79; ⁴ p. 106.

MAY: FOURTH WEEK

SATURDAY

Breakfast

Steamed Rhubarb
Grilled Kippers
Toast Brown Rolls
Lemon Marmalade
Tea or Coffee

High Tea

Fish Mayonnaise
Brown Bread Date Bread (L)
Cream Buns Brownies²
Flapjacks³
Ginger Nuts Madeira Cake
Apricots and Cream

Lunch or Supper

Scallops of Turbot (L)
Cucumber Salad
Ground Rice Mould
Strawberry Syrup
Toast Olives
Cream Cheese

Dinner

Kidney Soup
Blanquette of Veal¹ (L)
Mashed Potatoes Glazed Carrots
Treacle Tart
Cheese Soufflé

SUNDAY

Breakfast

Grapefruit
Fried Sausages and Bread
Oatcakes Crumpets
Honey
Tea or Coffee

High Tea

Scalloped Hake
Toast Cocoa Bread
Marble Gems Ginger Wafers⁴
Madeira Cake (L)
Chocolate Biscuits
Dried Fruit Salad

Lunch or Supper

Curried Eggs Boiled Rice
Steamed Chocolate Pudding
Custard Sauce
Rolls Lettuce Salad
Gorgonzola Cheese

Dinner

Hors d'Œuvres
Roast Beef Grated Horseradish
Green Peas New Potatoes
Cream Caramel
Asparagus
Melted Butter

NOTE: Add Dessert to Saturday's Dinner and Stuffed Eggs to Sunday's.
¹*Blanquette of Veal*.—Slice cold veal thinly. Melt 2 oz. butter in a saucepan. Add 1 oz. flour. Stir in enough hot water to make a thick gravy. Season. Boil 2 minutes. Add veal. Stand pan in boiling water for 10 minutes. Dish up veal. Stir 2 beaten egg yolks and 1 teaspoon minced parsley into gravy. Pour over meat. ² p. 166; ³ p. 129; ⁴ p. 99.

MAY: FOURTH WEEK

MONDAY

Breakfast

Apricots
 Omelet
 Brown Rolls Toast
 Red Currant Jelly
 Tea or Coffee

High Tea

Tongue Sandwiches
 Tomato Sandwiches
 Cocoa Bread (L) White Bread
 Wheaten Scones Chelsea Buns
 Raspberry Swiss Roll
 Custard Cream Biscuits
 Dried Fruit Salad (L)

Lunch or Supper

Baked Stuffed Potatoes²
 Lemon Milk Jelly
 Stewed Figs
 Biscuits Spring Onions
 Gruyère Cheese

Dinner

Clear Soup
 Tunny Fish Scallops
 Cold Roast Beef Mixed Pickles
 Scalloped Potatoes
 Green Pea Salad

TUESDAY

Breakfast

Orange Juice
 Fried Salmon Cakes
 Toast Oatcakes
 Lime Marmalade
 Tea or Coffee

High Tea

Baked Stuffed Eggs
 Malt Bread Currant Scones
 Eccles Cakes Shortbread
 Orange Gingerbread
 Meringues
 Dessert

Lunch or Supper

Shepherd's Pie
 Rhubarb Summer Pudding¹
 Whipped Cream
 Toast Radishes
 Cheshire Cheese

Dinner

Tomato Soup
 Sole Mornay³
 Stuffed Shoulder of Mutton
 New Potatoes Buttered Greens
 Vanilla Ice Cream⁴
 Chocolate Sauce⁵

NOTE: Add Scotch Angels⁶ to Monday's Dinner and Dessert to Tuesday's.
¹Summer Pudding.—Line bottom and sides of a pudding basin with bread cut $\frac{1}{2}$ inch thick. Fill with steamed, sweetened rhubarb, or any other cooked fruit. Cover with a round of bread. Stand basin in a soup plate. Cover with a small plate and weight. Stand 24 hours. Turn on to a glass dish. ² p. 19; ³ p. 56; ⁴ p. 72; ⁵ p. 61; ⁶ p. 24.



PETITS FOURS AND ICE CREAM : A SUMMER SWEET.

MAY: FOURTH WEEK

WEDNESDAY

Breakfast

Stewed Figs
Grilled Kidneys and Bacon
Rolls Toasted Brown Bread
Damson Cheese
Tea or Coffee

Lunch or Supper

Cold Mutton
Lettuce and Tomato Salad
Baked Custard
Stewed Gooseberries
Rolls Spring Onions
Carraway Cheese²

High Tea

Baked Stuffed Haddock
Malt Bread (L) Drop Scones
Queen Cakes Eccles Cakes
Devil's Food Cake¹
Cocoanut Biscuits
Bananas and Cream

Dinner

Grapefruit
Stuffed Tomatoes
Grilled Spring Chicken
Sauté Potatoes Creamed Spinach
Apricot Soufflé

THURSDAY

Breakfast

Pineapple Chunks
Steamed Eggs Bacon Toasts
Toast Oatcakes
Tangerine Marmalade
Tea or Coffee

Lunch or Supper

Grilled Herrings and Chips
Mustard Sauce
Sultana Sponge Puff³
Toast Watercress
Gorgonzola Cheese

High Tea

Brawn Russian Salad
Brown Bread Girdle Scones
Swiss Buns Flapjacks⁴
Spiced Fruit Cake
Almond Macaroons
Green Grapes

Dinner

Vegetable Broth
Fillets of Plaice
Sauce Tartare
Roast Stuffed Sheep's Hearts
Roast Potatoes Braised Onions
Cherry Flan

NOTE: ¹*Devil's Food Cake*.—Cream $\frac{1}{2}$ cup butter and $1\frac{1}{2}$ cups sugar. Stir in 4 egg yolks. Melt 6 tablespoons grated chocolate in 5 tablespoons boiling water. Cool. Stir into egg mixture. Sift $1\frac{1}{2}$ cups flour with 3 teaspoons baking powder and pinch salt. Add $\frac{1}{2}$ cup milk to mixture, then flour. Fold in 4 stiffly-frothed egg whites and 1 teaspoon vanilla. Bake in a greased baking tin for $\frac{1}{2}$ hour in a slow oven. ² p. 21; ³ p. 59; ⁴ p. 120.

MAY: FOURTH WEEK

FRIDAY

Breakfast

Grapefruit
Salmon Kedgerree
Rolls Toast
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Mushroom Omelet
Baked Sernolina Pudding
Stewed Dried Apricots
Outcakes Radishes
Cheddar Cheese

High Tea

Russian Fish Pie¹
White Bread Soda Bread
 Bakestones²
Lemon Buns Maids of Honour
Orange Layer Cake
Ginger Nuts
Dessert

Dinner

Mulligatawny Soup
Cod Steaks au Gratin
Hamburg Loaf
Fried Bananas New Potatoes
Buttered Spring Greens
Trifle

SATURDAY

Breakfast

Stewed Prunes
Grilled Tomato Sausages
Toast Oatcakes
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Macaroni Croquettes⁴
Lettuce Salad
Devonshire Junket Fruit Salad
Biscuits Spring Onions
Gorgonzola Cheese

High Tea

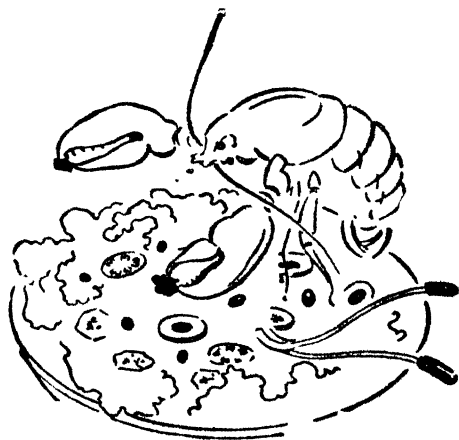
Tongue and Egg Mayonnaise
Brown Bread Soda Bread (L)
Currant Scones Coburg Cakes
Pineapple Layer Cake
Chocolate Biscuits
Melon

Dinner

Mandarin Cocktail
Roast Duck Apple Sauce
Orange and Mint Salad⁵
Green Peas New Potatoes
Chocolate Mousse¹
Asparagus

NOTE: ¹*Chocolate Mousse*.—Pour 2 cups milk into top of double boiler. Heat. Add 1 cup castor sugar, $\frac{1}{2}$ teaspoon salt and 4 tablespoons custard powder, dissolve in enough milk to cream. Stir till boiling. Boil for 5 minutes. Add 2 oz unsweetened chocolate. When blended, cool. Add 1 $\frac{1}{2}$ teaspoons vanilla essence and 1 cup cream stiffly whipped. Pour into a glass dish and chill. ² p. 79; ³ p. 4; ⁴ p. 64; ⁵ p. 86.

June



JUNE: FIRST WEEK

SUNDAY

Breakfast

Sliced Peaches
Grilled Kippers
Oatcakes Toast
Honey
Tea or Coffee

Lunch or Supper

Cream of Asparagus
Tongue Salad (L)
Lemon Sponge
Stewed Gooseberries

High Tea

Veal and Ham Pie
White Bread Potato Salad
Toasted Bath Buns
Cherry Cakes Seed Cake
Chocolate Macaroons
Fruit Salad

Dinner

Melon Ginger Marmalade
Roast Loin of Veal
Roast Potatoes Braised Lettuce
Rhubarb Fool
Biscuits Radishes
Gervais Cheese

MONDAY

Breakfast

Steamed Rhubarb (L)
Eggs Bacon Tomatoes
Toast Brown Bread
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Creamed Chicken Breasts¹
Mashed Potatoes Lettuce Salad
Baked Bananas and Cream
Toast Spring Onions
Cheddar Cheese

High Tea

Welsh Rarebit
Oatcakes Nut Bread
Seed Cake (L) Cherry Cakes (L)
Gooseberry Tartlets
Custard Cream Biscuits
Apricots and Cream

Dinner

Mock Turtle Soup
Cold Veal Pickled Beetroot
Potato Balls French Beans
Gooseberry Tart
Cauliflower Cheese²

NOTE: Add Scalloped Oysters to Sunday's Dinner and make Asparagus Omelet the second course of Monday's. Use canned oysters for scalloping. ¹*Creamed Chicken Breasts*.—Use glassed breasts. Heat till jelly is melted. Make a white sauce, using the jelly and milk for liquid. Add breasts. Reheat. If liked, add a cup of drained canned peas to sauce before the breasts. ² p. 53.

JUNE: FIRST WEEK

TUESDAY

Breakfast

Grilled Chipolatas
Fried Apple Slices
Rolls Toast
Lime Marmalade
Tea or Coffee

High Tea

Scrambled Eggs
Asparagus
Toast Nut Bread (L)
Jap Cakes⁴ Flapjacks⁵
Strawberry Swiss Roll
Cape Grapes

Lunch or Supper

Curried Veal (L) Boiled Rice
Honeycomb Mould²
Stewed Plums
Biscuits Watercress
Gorgonzola Cheese

Dinner

Cream of Artichokes
Boiled Salmon and Cucumber
Scallops of Veal³
New Potatoes Buttered Peas
Vanilla Ice Cream¹
Strawberry Syrup

WEDNESDAY

Breakfast

Orange Juice
Finnan Kedgerie
Oatcakes Brown Rolls
Red Currant Jelly
Tea or Coffee

High Tea

Grilled Herrings
Mustard Sauce
Toast White Bread
Orange Cheese Cakes
Eclairs Rock Cakes
Mocha Layer Cake
Dessert

Lunch or Supper

Salmon Mayonnaise (L)
Cucumber Salad (L)
Apple Betty
Almond Custard Sauce
Rolls Radishes
Dutch Cheese

Dinner

Hors d'Oeuvres
Fried Skate Black Butter⁶
Grilled Mutton Chops
New Potatoes Buttered Greens
Cream Caramel
Sliced Bananas

NOTE: ¹ *Vanilla Ice Cream*.—Sift 1 cup castor sugar and 1 tablespoon flour into a basin. Stir in 1 pint scalded milk. Pour into a saucepan. Stir until smooth and boiling. Cool slightly. Stir in 1 tablespoon gelatine softened in 2 tablespoons water. Leave till cold. Fold in $\frac{1}{2}$ tablespoon vanilla essence, 1 stiffly-frothed egg white and 1 pint stiffly-whipped cream. Freeze in a refrigerator tray without stirring. ² p. 12; ³ p. 35; ⁴ p. 130; ⁵ p. 129; ⁶ p. 65.

JUNE: FIRST WEEK

THURSDAY

Breakfast

Stewed Apples
Scrambled Eggs
Oatcakes Rolls
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Fried Fish and Chips
Lettuce and Tomato Salad
Butterscotch Pudding²
Oatcakes Spring Onions
Cheshire Cheese

High Tea

Devilled Kidneys³
Potato Crisps Watercress
Currant Bread Drop Scones
Banana Cheese Cakes
Sand Cake
Chocolate Biscuits
Stewed Plums

Dinner

Tomato Soup
Sole with Mushroom Sauce
Grilled Lamb Cutlets
Green Peas New Potatoes
Apricot Soufflé Pancakes⁴
Asparagus Melted Butter

FRIDAY

Breakfast

Grapefruit
Fried Finnan Haddock
Toast Brown Rolls
Tangerine Marmalade
Tea or Coffee

Lunch or Supper

Polish Rabbit¹
Mixed Vegetable Salad
Coffee Cream⁵
Rolls Radishes
Gruyère Cheese

High Tea

Shrimp Omelet
White Bread Toast
Treacle Scones⁶ Bath Buns
Doughnuts Eccles Cakes
Apricot Swiss Roll
Strawberries

Dinner

Fruit Cocktail
Sole Florentine⁷
Boiled Chicken Egg Sauce
New Potatoes Endive Salad
Lemon Meringue Pie
Scotch Woodcock

NOTE: ¹*Polish Rabbit*.—Put 1 lb. lean beef through a mincer with $\frac{1}{2}$ lb. veal and a small peeled onion. Stir in $\frac{1}{2}$ cup breadcrumbs, 1 egg, $\frac{1}{2}$ cup stock and salt and pepper to taste. Bake in a greased loaf tin covered with a buttered paper for half an hour. Serve cold, garnished with lettuce and tomatoes. ² p. 20; ³ p. 27; ⁴ p. 106; ⁵ p. 58; ⁶ p. 153; ⁷ p. 161.

JUNE: SECOND WEEK

SATURDAY

Breakfast

Stewed Figs
Fried Salmon Cakes
Oatcakes Rolls
Lemon Cheese
Tea or Coffee

High Tea

Melton Mowbray Pie
Tomato and Onion Salad
Brown Bread Sultana Scones
Flapjacks⁴ Eclairs
Devil's Food Cake⁵
Walnut Wafers
Compôte of Cherries

Lunch or Supper

Chicken Salad (L)
Honeycomb Mould³
Fruit Salad
Toast Watercress
Carraway Cheese³

Dinner

Mulligatawny Soup
Braised Halibut
Hamburg Steaks
Grilled Tomatoes New Potatoes
Fruit Trifle
Chicken Liver Rolls⁶

SUNDAY

Breakfast

Sliced Peaches
Fried Bacon Corn Fritters⁷
Toast Brown Bread
Damson Jelly
Tea or Coffee

High Tea

Liver Sausage Sandwiches
White Bread Watercress
 Bakestones⁸
Brownies⁹ Date Kisses
Devil's Food Cake⁵ (L)
Marzipan Biscuits
Bilberries

Lunch or Supper

Pressed Beef Potato Salad
Devonshire Junket
Steamed Apricots
Oatcakes Tomatoes¹
Potted Cheese¹

Dinner

Clear Chicken Broth (L)
Roast Lamb Mint Sauce
Roast Potatoes Cauliflower
Loganberry Fool
Asparagus
Melted Butter

NOTE: Add Oysters au Gratin (canned oysters) to Sunday's Dinner, if liked. ¹Potted Cheese.—Melt 1 tablespoon butter in a saucepan. Stir in $\frac{1}{2}$ lb. grated Cheddar and cayenne pepper to taste. Stir till melted, then gradually beat in 1 egg yolk diluted with $\frac{1}{2}$ cup cream. Stir constantly till thick and smooth, then pot and seal. ² p. 12; ³ p. 21; ⁴ p. 129; ⁵ p. 60; ⁶ p. 3; ⁷ p. 78; ⁸ p. 45; ⁹ p. 166.

JUNE: SECOND WEEK

MONDAY

Breakfast

Oranges
Finnan Kedgerree
Rolls Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Deville Spaghetti
Lettuce and Tomato Salad
Ground Rice Mould
Peach Syrup (L)
Toast Spring Onions
Cheddar Cheese

High Tea

Asparagus Omelet (L)
Malt Bread Currant Scones
Swiss Buns Queen Cakes
Walnut Gingerbread
Vanilla Wafers
Pineapple

Dinner

Minestrone
Salmon Soufflé²
Cold Lamb Apricot Chutney
Creamed Potatoes
Green Pea Salad
Butterscotch Pie

TUESDAY

Breakfast

Green Grapes
Steamed Eggs Fried Bacon
Brown Bread
Waffles Maple Syrup
Tea or Coffee

Lunch or Supper

Liver and Bacon
New Potatoes Stewed Cucumber
Chocolate Blancmange
Banana Custard²
Oatcakes Radishes
Bel Paese Cheese

High Tea

Fried Fish in Batter
Lettuce Salad
Brown Bread Toast
Drop Scones Bath Buns
Walnut Gingerbread (L)
Coffee Eclairs
Cherries

Dinner

Hors d'Œuvres
Fried Plaice Sauce Tartare
Baked Veal Chops
Mashed Potatoes
Creamed Spinach
Strawberry Shortcake¹

NOTE: ¹*Strawberry Shortcake*.—Make a soft dough with 2 cups flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder, 2 tablespoons castor sugar, $\frac{1}{2}$ cup butter, and $\frac{1}{2}$ cup milk. Divide in two. Roll into 2 rounds to fit a sandwich tin. Place one in greased tin. Spread with melted butter. Place second on top. Bake. Split. Fill with sweetened strawberries. Serve with whipped cream. ¹ p. 1; ² p. 18.

JUNE: SECOND WEEK

WEDNESDAY

Breakfast

Grapefruit
Grilled Kippers
Toast Brown Rolls
 Honey
Tea or Coffee

High Tea

Ham and Egg Pie
Watercress
Fruit Bread Oven Scones
Brownies² Cherry Buns
German Pound Cake
Strawberries and Cream

Lunch or Supper

Fish Pie²
Tomato and Onion Salad
Fig Tapioca¹
Vanilla Custard Sauce
Rolls Radishes
Camembert Cheese

Dinner

Cream of Asparagus
Crab Croquettes Tomato Sauce
Stewed Pigeons
New Potatoes Green Peas
Vanilla Ice Cream⁴
Loganberry Syrup

THURSDAY

Breakfast

Mandarins
Bacon Fried Potatoes
Oatcakes Toast
Lemon Marmalade
Tea or Coffee

High Tea

Grilled Kidneys
Fried Mushrooms
White Bread Cocoa Bread
Nut Drops Cream Slices
German Pound Cake (L)
Rice Biscuits
Cherries

Lunch or Supper

Ham and Tongue
Mixed Vegetable Salad
Ground Rice Mould
Sliced Peaches
Toast Spring Onions
Dutch Cheese

Dinner

Tomato Soup
Sole à la Portugaise⁵
Roast Veal
Carrots and Peas New Potatoes
Pear Flan
Whipped Cream

NOTE: Add Asparagus before Ice Cream to Wednesday's Dinner and Sausage and Bacon Rolls³ to Thursday's, if liked. ¹Fig Tapioca. — Place $\frac{1}{2}$ lb. chopped figs, $\frac{1}{2}$ cup tapioca, 3 gills hot water, $\frac{1}{2}$ cup brown sugar and $\frac{1}{4}$ teaspoon ground cinnamon in the top of a double boiler. Cover and cook over hot water for 2 hours. Mould. Turn out when chilled. ²p. 79; ³p. 166; ⁴p. 72. ⁵p. 163; ⁶p. 18.

JUNE: SECOND WEEK

FRIDAY

Breakfast

Stewed Prunes
Ham Omelet
Toast Rolls
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Cold Veal Lettuce Salad
 Apricot Flan
 Devonshire Cream
Biscuits Radishes
Carraway Cheese²

High Tea

Hamburg Loaf
Lettuce Salad
Soda Bread Cocoa Bread (L)
Crumpets Chelsea Buns
Strawberry Swiss Roll
Chocolate Biscuits
Black Grapes

Dinner

Fruit Cocktail
Lobster Thermidor¹
Grilled Lamb Cutlets
Glazed Carrots New Potatoes
Cream Caramel
Rum Cream

SATURDAY

Breakfast

Grapefruit
Scrambled Eggs
Oatcakes Toast
Lime Marmalade
Tea or Coffee

Lunch or Supper

Grilled Herrings
Mustard Sauce
Fried Chips Cucumber Salad
Walnut Banana Jelly
Toast Tomatoes
Gervais Cheese

High Tea

Stuffed Eggs
Watercress Sandwiches
Soda Bread (L) Sultana Scones
Buttered Dough Cake
Cream Buns Eccles Cakes
Chocolate Biscuits
Sliced Peaches

Dinner

Cream of Celery
Stuffed Tomatoes
Roast Duckling
New Potatoes Buttered Peas
Orange and Mint Salad³
Strawberries and Cream

NOTE: ¹Lobster Thermidor.—Halve 2 medium lobsters. Remove and chop flesh. Melt 1 tablespoon butter in a saucepan. Add lobster, $\frac{1}{4}$ teaspoon minced onion and 2 tablespoons white wine. Cook 5 minutes, stirring constantly. Add $\frac{1}{4}$ lb. minced, peeled mushrooms, $\frac{1}{4}$ tablespoon tomato purée, and cook 5 minutes. Pile into shells. Cover with white sauce. Sprinkle with grated Parmesan cheese. Bake till cheese is melted. ² p. 21; ³ p. 88.

JUNE: THIRD WEEK

SUNDAY

Breakfast

Stewed Figs
Kidneys and Tomatoes
Toast Brown Rolls
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Cold Boiled Ham
Potato Salad
Strawberry Blancmange
Biscuits Spring Onions
Roquefort Cheese

High Tea

Brawn Lettuce Salad
Toast Oatcakes
Brownies¹ Meringues
Buttered Dough Cake (L)
Petit Fours
Fresh Fruit Salad

Dinner

Vegetable Broth
Boiled Silverside
Mixed Vegetables
Mashed Potatoes
Pincapple Charlotte
Scotch Angels on Horseback⁴

MONDAY

Breakfast

Grapefruit
Cold Ham Corn Fritters¹
Toast
Orange Marmalade
Tea or Coffee

Lunch or Supper

Cold Silverside
Mixed Vegetable Salad
Pineapple Fritters (L)
Toast Radishes
Port de Salut Cheese

High Tea

Fried Salmon Cakes
Farmhouse Bread
Oatmeal Scones
Coburg Cakes Flapjacks⁵
Gooseberry Tartlets
Dundee Cake⁶
Strawberries

Dinner

Hors d'Œuvres²
Roast Stuffed Leg of Lamb
Roast Potatoes Buttered Greens
Topsy Squire⁷
Cauliflower Cheese⁸

NOTE: ¹*Corn Fritters*.—Drain a small can of sweet corn. Stir in $\frac{1}{2}$ cup flour sifted with 1 teaspoon baking powder, 2 teaspoons salt and $\frac{1}{2}$ teaspoon paprika. Add 2 well-beaten eggs and 1 tablespoon minced parsley. Drop in spoonfuls into deep, smoking-hot fat. Fry till golden. ²*Hors d'Œuvres*.—Tin of "Thon," fillets of anchovy, egg mayonnaise, black olives, tomato salad, potato salad. ³ p. 166; ⁴ p. 24; ⁵ p. 129; ⁶ p. 39; ⁷ p. 53; ⁸ p. 93.

JUNE: THIRD WEEK

TUESDAY

Breakfast

Fried Sausages and Apple Slices
Oatcakes Toast
 Honey
Tea or Coffee

Lunch or Supper

Russian Fish Pie¹
Lettuce and Tomato Salad
Honeycomb Mould²
Stewed Gooseberries
Biscuits Watercress
Gorgonzola Cheese

High Tea

Ham and Cress Rolls
Wheaten Scones Lemon Buns
Doughnuts Ribbon Cake
 Dundee Cake (*L*)
Shortbread Biscuits
 Cherries

Dinner

Cream of Mushrooms
Fried Smelts
Grilled Fillet of Steak
Grilled Tomatoes Potato Chips
Vanilla Ice Cream³
Raspberry Syrup

WEDNESDAY

Breakfast

Orange Juice
Asparagus Omelet
Toast Brown Rolls
Blackberry Jelly
Tea or Coffee

Lunch or Supper

Cold Lamb Corn Pudding⁴
Pickled Beetroot
Strawberry Jelly
Toast Spring Onions
Dutch Cheese

High Tea

Scallops of Hake
Milk Bread Toast
Devonshire Splits
Queen Cakes Macaroons
Mocha Layer Cake
 Dessert

Dinner

Kidney Soup
Boiled Salmon Sauce Tartare
Casserole of Guinea Fowls
Mashed Potatoes Buttered Peas
Chocolate Soufflé
Liver Sausage Canapés⁵

NOTE: ¹*Fish Pie*.—Roll $\frac{1}{2}$ lb. rough puff pastry into a square. Mix $\frac{1}{2}$ lb. cooked, flaked fish with 2 tablespoons well-seasoned white sauce. Place in centre of pastry. Cover with 2 sliced hard-boiled eggs. Brush edges of pastry with water, fold up like an envelope, turn upside down in a baking tin. Brush with beaten egg. Bake for 25 minutes in a hot oven. ² p. 12; ³ p. 72; ⁴ p. 41; ⁵ p. 38.

JUNE: THIRD WEEK

THURSDAY

Breakfast

Sliced Peaches
Grilled Gammon
Fried Tomatoes
Oatcakes Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Cold Ham

Strawberry Tartlets
Rolls Radishes
Gorgonzola Cheese

High Tea

Fried Kippers
Watercress
Brown Bread Drop Scones
Bath Buns Rock Cakes
American Ribbon Cake
Chocolate Biscuits
Dried Fruit Salad

Dinner

Grapefruit
Braised Halibut
Scallops of Veal¹
Asparagus Tips New Potatoes
Strawberry Ice Cream

FRIDAY

Breakfast

Steamed Rhubarb
Creamed Finnan Haddock
Brown Rolls Toast
Lemon Cheese
Tea or Coffee

Lunch or Supper

Melon
Fried Cod Steaks
Mashed Potatoes
Meringues
Oatcakes Watercress
Wensleydale Cheese

High Tea

Liver Sausage Sandwiches
Malt Fruit Bread
Treacle Scones²
Maids of Honour Jap Cakes⁴
Tangerine Layer Cake
Strawberries and Cream

Dinner

Cream of Green Peas
Salmon Soufflé³ Shrimp Sauce
Braised Mutton Chops
Mashed Potatoes
Black Currant Flan

NOTE: Add Asparagus to Thursday's Dinner before the ice cream and Roes on Toast to Friday's, if liked. Make Salmon Soufflé³ of boiled or canned salmon. Serve Cream of Green Peas in cups with a teaspoon of whipped cream floating on each portion. Serve Black Currant Flan either with whipped, sweetened cream or with Custard Sauce. ¹ p. 35; ² p. 1; ³ p. 153; ⁴ p. 130.

JUNE: FOURTH WEEK

SATURDAY

Breakfast

Strawberries
Grilled Bacon Fried Bread
Toast Oatcakes
Damson Cheese
Tea or Coffee

High Tea

Boiled Salmon Sauce Tartare
Cucumber Salad
Toast Milk Rolls
Fruit Bread (L) Cherry Buns
Apricot Cheese Cakes
Devil's Food Cake²
Figs and Cream

Lunch or Supper

Ham à la King¹ (L)
Asparagus Salad
Milk Jelly
Stewed Gooseberries
Toast Spring Onions
Cheddar Cheese

Dinner

Tomato Soup
Roast Beef Yorkshire Pudding
Roast Potatoes Buttered Greens
Vanilla Ice Cream²
Strawberries

SUNDAY

Breakfast

Stewed Gooseberries (L)
Ham Omelet (L)
Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Ham and Egg Pie
Tomatoes Watercress
Brown Bread Potato Scones
Queen Cakes Brownies⁵
Devil's Food Cake³ (L)
Rice Biscuits
Cherries

Lunch or Supper

Cold Beef (L) Pickled Beetroot
Waldorf Salad⁴
Vanilla Blancmange
Pineapple Slices
Oatcakes Radishes
Gorgonzola Cheese

Dinner

Cream of Green Pea
Roast Turkey
Bread Sauce Currant Jelly
Roast Potatoes Braised Chicory
Cream Caramel
Dessert

NOTE: Braised Halibut to Saturday's Dinner and Roes on Toast to Sunday's, if liked. ¹*Ham à la King*.—Melt 1 tablespoon butter in a saucepan. Stir in 1 tablespoon flour. When frothy, stir in 1 cup milk. Stir till boiling. Season to taste with pepper and minced parsley. Stir in 1½ cups chopped ham and 2 chopped hard-boiled eggs. Serve on squares of hot buttered toast. ² p. 72; ³ p. 69; ⁴ p. 29; ⁵ p. 166.

JUNE: FOURTH WEEK

MONDAY

Breakfast

Grapefruit
Fried Kippers
Toast Brown Rolls
 Honey
Tea or Coffee

High Tea

Grilled Chipolatas
Tomato Sandwiches
Brown Bread Currant Scones
Coffee Buns Eccles Cakes
Lemon Layer Cake
Chocolate Biscuits
Bananas and Cream

Lunch or Supper

Shepherd's Pie (L)
Buttered Spring Greens
Devonshire Junket
Steamed Apricots
Rolls Watercress
Carraway Cheesc²

Dinner

Hors d'Œuvres
Trout à la Meunière
Sliced Turkey and Tongue (L)
Scalloped Potatoes³
Tomato Salad
Fruit Trifle

TUESDAY

Breakfast

Cherries
Egg and Pimento Scramble⁴
Brown Rolls Toast
Orange Marmalade
Tea or Coffee

High Tea

Grilled Herrings Mustard Sauce
Toast Brown Bread
Wheaten Scones Sultana Buns
Dundee Cake⁵
Lemon Layer Cake (L)
Fruit Salad

Lunch or Supper

Turkey Croquettes (L)
Lettuce and Tomato Salad
Semolina Mould
Raspberry Syrup
Toast Spring Onions
Dutch Cheese

Dinner

Clear Vegetable Soup
Lobster Newburg⁶
Veal Marengo¹
New Potatoes Buttered Spinach
Gooseberry Tart

NOTE: Add Cauliflower Cheese² to Monday's Dinner and Shrimp Canapés to Tuesday's, if liked. ¹*Veal Marengo*.—Cut 2 lb. lean veal into small pieces. Fry in olive oil till brown, then remove. Fry $\frac{1}{2}$ lb. sliced onion. Sprinkle with 2 oz. flour, and when brown add 1 $\frac{1}{2}$ gills white wine and 3 gills white stock. Stir till blended. Add $\frac{1}{2}$ lb. chopped mushrooms and 1 lb. stewed tomatoes, sieved. Season. Cover. Simmer 1 $\frac{1}{2}$ hours. ² p. 21; ³ p. 53; ⁴ p. 34; ⁵ p. 93; ⁶ p. 53.

JUNE: FOURTH WEEK

WEDNESDAY

Breakfast

Steamed Rhubarb
Fried Fish Cakes
Toast Oatcakes
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Veal and Ham Pie
Lettuce and Tomato Salad
Strawberries and Cream
Oatcakes Radishes
Gorgonzola Cheese

High Tea

Sliced Tongue Tomato Salad
Malt Bread Drop Scones
Date Drops Swiss Roll
Shortbread
Chocolate Eclairs
Green Grapes

Dinner

Turkey Broth (L)
Baked Stuffed Sea Bream
Roast Sheep's Hearts
Roast Potatoes Stewed Cabbage¹
Ritz Creams²

THURSDAY

Breakfast

Orange Juice
Mushroom Omelet
Rolls Toast
Lime Marmalade
Tea or Coffee

Lunch or Supper

Kidneys en Brochette¹
Watercress Potato Straws
Honeycomb Mould⁴
Stewed Prunes
Brown Rolls Spring Onions
Cheddar Cheese

High Tea

Salmon Mayonnaise
White Bread Toast
Cocoa Bread Chelsea Buns
Pineapple Layer Cake
Ginger Nuts
Strawberries and Cream

Dinner

Iced Melon Ginger Marmalade
Grilled Turbo Steaks
Braised Tongue⁵
Creamed Spinach New Potatoes
Berry Tartlets

NOTE: Add Asparagus to Wednesday's Dinner menu before the sweet, and serve Finnan Croûtes¹ at end of Thursday's Dinner. Substitute Purée of Green Peas, if liked, for Creamed Spinach with Braised Tongue, and Peach Flan for Berry Tartlets. ¹*Kidneys en Brochette*.—Halve sheep's kidneys lengthwise. Skewer halves alternately with slices of fat bacon and peeled mushrooms. Grill for ½ hour. Season to taste. ² p. 28; ³ p. 3; ⁴ p. 12; ⁵ p. 54; ⁶ p. 9.

JUNE: FOURTH WEEK

FRIDAY

Breakfast

Strawberries
Finnan Kedgeree
Toast Oatcakes
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Scotch Collops
Mashed Potatoes Broad Beans
Peach Trifle
Toast Watercress
Cheshire Cheese

High Tea

Veal and Ham Pie
Lettuce and Tomato Salad
Date Bread Currant Scones
Coffee Buns Doughnuts
Pineapple Layer Cake (L)
Dessert

Dinner

Scotch Broth
Fried Fillets of Plaice
Grilled Rump Steak
Breaded Tomatoes² Potato Chips
Loganberry Charlotte
Tongue Canapés (L.)

SATURDAY

Breakfast

Melon
Poached Eggs on Bacon Toasts
Brown Rolls Oatcakes
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Fish Pie³
Cucumber Salad
Junket Stewed Plums
Rolls Radishes
Roquefort Cheese

High Tea

Baked Stuffed Eggs
Watercress Sandwiches
Date Bread (L) Treacle Scones⁴
Eccles Cakes Flapjacks⁵
Lawn Tennis Cake¹
Gooseberries and Cream

Dinner

Melon Cocktail
Pot Roast of Guinea Fowls
Creamed Potatoes French Beans
Coffee Ice Cream
Sardines on Toast

NOTE: ¹ *Cake*.—Cream 4 oz. butter with 5 oz. castor sugar. Stir in 5 oz. flour sifted with 1 teaspoon baking powder and 2 oz. cornflour, beaten yolks of 4 eggs, 4 oz. cleaned sultanas, 3 oz. chopped glacé cherries, 2 oz. chopped candied peel. Fold in 4 stiffly-frothed egg whites. Bake in 2 buttered layer cake tins in a hot oven for about 10 minutes. Cool. Sandwich with marzipan. ² p. 25; ³ p. 79; ⁴ p. 153; ⁵ p. 129.

July



JULY: FIRST WEEK

SUNDAY

Breakfast

Grapefruit
Boiled Eggs Cold Ham
Toast Rolls
Heather Honey
Tea or Coffee

High Tea

Scalloped Crab
Mustard and Cress Sandwiches
Sally Lunn Bran Muffins
Macaroon Cheese Cakes
Strawberry Cream Sandwich
Walnut Wafers
Dessert

Lunch or Supper

Stewed Knuckle of Veal
Buttered Peas Boiled Rice
Tangerine Jelly
Biscuits Tomatoes
Leicester Cheese

Dinner

Cream of Tomato
Roast Shoulder of Lamb
Mint Sauce
New Potatoes
Buttered Broad Beans
Fruit Salad and Cream
Hot Cheese Straws

MONDAY

Breakfast

Stewed Figs
Fried Finnan Haddock
Rolls Oatcakes
Lemon Cheese
Tea or Coffee

High Tea

Prawn Mayonnaise
Lettuce and Tomato Salad
Brown Bread Oven Scones
Eccles Cakes Swiss Buns
Walnut Gingerbread
Date Kisses
Fresh Pears

Lunch or Supper

Grilled Ham
Corn Pudding^a
Fried Pineapple
Lemon Blancmange
Stewed Apricots
Toast Spring Onions
Gorgonzola Cheese

Dinner

Vegetable Broth
Cold Roast Lamb and Chutney
Creamed Potatoes
Scalloped Spinach¹
Lemon Meringue Pie

NOTE: Add Prawn Patties to Sunday's Dinner and Dessert to Monday's. Serve whipped cream with Tangerine Jelly. ¹*Scalloped Spinach*.—Cook $\frac{1}{2}$ peck spinach till tender. Drain. Mince. Stir in 2 tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup grated cheese, seasonings and ground mace to taste, and 1 beaten egg. Place in a greased baking dish, sprinkled with crumbs. Cover with crumbs and grated cheese. Bake 40 minutes in a moderate oven. ^a p. 41.

JULY: FIRST WEEK

SUNDAY

Breakfast

Grapefruit
Boiled Eggs Cold Ham
Toast Rolls
Heather Honey
Tea or Coffee

High Tea

Scalloped Crab
Mustard and Cress Sandwiches
Sally Lunn Bran Muffins
Macaroon Cheese Cakes
Strawberry Cream Sandwich
Walnut Wafers
Dessert

Lunch or Supper

Stewed Knuckle of Veal
Buttered Peas Boiled Rice
Tangerine Jelly
Biscuits Tomatoes
Leicester Cheese

Dinner

Cream of Tomato
Roast Shoulder of Lamb
Mint Sauce
New Potatoes
Buttered Broad Beans
Fruit Salad and Cream
Hot Cheese Straws

MONDAY

Breakfast

Stewed Figs
Fried Finnan Haddock
Rolls Oatcakes
Lemon Cheese
Tea or Coffee

High Tea

Prawn Mayonnaise
Lettuce and Tomato Salad
Brown Bread Oven Scones
Eccles Cakes Swiss Buns
Walnut Gingerbread
Date Kisses
Fresh Pears

Lunch or Supper

Grilled Ham
Corn Pudding²
Fried Pineapple
Lemon Blancmange
Stewed Apricots
Toast Spring Onions
Gorgonzola Cheese

Dinner

Vegetable Broth
Cold Roast Lamb and Chutney
Creamed Potatoes
Scalloped Spinach¹
Lemon Meringue Pie

NOTE: Add Prawn Patties to Sunday's Dinner and Dessert to Monday's. Serve whipped cream with Tangerine Jelly. ¹*Scalloped Spinach*.—Cook $\frac{1}{2}$ peck spinach till tender. Drain. Mince. Stir in 2 tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup grated cheese, seasonings and ground mace to taste, and 1 beaten egg. Place in a greased baking dish, sprinkled with crumbs. Cover with crumbs and grated cheese. Bake 40 minutes in a moderate oven. ² p. 41.

JULY: FIRST WEEK

TUESDAY

Breakfast

Cherries
Fried Bacon Bread Tomatoes
Toast Tangerine Marmalade
Rolls
Tea or Coffee

Lunch or Supper

Grilled Mackerel Black Butter¹
Potato Crisps Lettuce Salad
Pineapple Sponge
Rolls Radishes
Brie Cheese

High Tea

Lamb Pasties (L)
Tomato Salad
Brown Bread Currant Scones
Chocolate Macaroons
Chelsea Buns
Walnut Gingerbread (L)
Strawberries and Cream

Dinner

Cream of Asparagus
Baked Salmon Steaks
Casserole of Hazel Hens¹
Mashed Potatoes
Watercress Salad
Chocolate Ice Cream

WEDNESDAY

Breakfast

Fresh Figs
Chipolata Omelet
Toast Oatcakes
Lime Marmalade
Tea or Coffee

Lunch or Supper

Veal and Ham Pie
Lettuce Tomatoes
Vanilla Milk Jelly
Sliced Peaches
Toast Spring Onions
Cheddar Cheese

High Tea

Sardines on Toast
Walnut Bread Milk Bread
Sultana Buns Seed Cake
Spiced Fruit Cake
Cherry Tartlets
Dessert

Dinner

Melon Cocktail
Braised Halibut
Roast Ribs of Beef
Roast Potatoes French Beans
Strawberries and Cream

NOTE: ¹*Casserole of Hazel Hens*.—Place 4 chopped rashers of streaky bacon in a frying pan. Cook till fat flows. Remove bacon to a casserole. Rub 2 birds with seasoned flour. Brown in bacon fat. Place in casserole. Add 1 gill stock. Cover. Bake till tender in about half an hour. Grill 4 bacon rashers. Place $\frac{1}{2}$ bird on each. Strain and skim gravy. Serve in hot sauceboat. ² p. 65.

JULY: FIRST WEEK

THURSDAY

Breakfast

Oranges
Grilled Kippers
Rolls Toast
Damson Cheese
Tea or Coffee

High Tea

Devilled Eggs
Smoked Fillets of Herring
Brown Bread Treacle Scones¹
Jap Cakes² Marble Gems
Shortbread
Spiced Fruit Cake (L)
Fresh Pears

Lunch or Supper

Cold Beef Pickled Beetroot
Green Pea Salad
Creamed Tapioca
Steamed Rhubarb
Biscuits Tomatoes
Camembert Cheese

Dinner

Clear Soup
Hot Cheese Straws
Grilled Sole Sauce Tartare
Veal Olives
Mashed Potatoes Buttered Peas
Chocolate Charlotte

FRIDAY

Breakfast

Sliced Peaches (L)
Boiled Eggs
Toast Pastry Crescents
Honey
Tea or Coffee

High Tea

Cucumber Sandwiches
Shrimp Cracknels
Malt Bread Drop Scones
Doughnuts Florentines⁵
Chocolate Swiss Roll
Strawberries and Cream

Lunch or Supper

Shepherd's Pie (L)
Buttered Spring Greens
Red Currant Fool
Oatcakes Watercress
Leicester Cheese

Dinner

Salmon Bisque¹
Stuffed Baked Tomatoes
Grilled Lamb Cutlets
New Potatoes Buttered Greens
Raspberry Summer Pudding⁴
Whipped Cream

NOTE: Add Dessert to Thursday's Dinner and Welsh Rarebit to Friday's. ¹*Salmon Bisque*.—Skin and bone 6 oz. canned salmon. Rub salmon through a hair sieve. Stir 2 tablespoons flour into 2 tablespoons melted butter. When frothy, stir in 1 pint hot milk. Stir till smooth. Add $\frac{1}{2}$ pint milk and salmon purée. Stir till boiling. Add minced parsley and seasonings to taste. Serve with crackers. ² p. 153; ³ p. 130; ⁴ p. 68; ⁵ p. 30.

JULY: SECOND WEEK

SATURDAY

Breakfast

Green Grapes
Fried Herrings³
Toast Oatcakes
Red Currant Jelly
Tea or Coffee

High Tea

Macedoine of Bream¹
White Bread Toast
Bran Muffins Cherry Buns
American Ribbon Cake
Rice Biscuits
Fresh Figs

Lunch or Supper

Sliced Tongue
Potato Salad Mixed Pickles
Banana Jelly
Biscuits Tomatoes
Gorgonzola Cheese

Dinner

Grapefruit
Fillets of Sole au Gratin
Kidneys en Brochette⁴
Potato Straws Creamed Spinach
Vanilla Ice Cream⁵
Strawberries

SUNDAY

Breakfast

Pineapple
Savoury Omelet
Brown Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Finnan Croûtes⁶
Milk Bread Cocoa Bread
Ginger Wafers⁷ Gold Cake
Tutti Frutti Gems
Chocolate Biscuits
Peaches and Cream

Lunch or Supper

Baked Salmon Soufflé⁸
Cucumber Salad
Ground Rice Mould
Lemon Sauce⁷
Toast Spring Onions
Cheddar Cheese

Dinner

Tomato Soup
Roast Stuffed Duck
New Potatoes Buttered Peas
Orange and Mint Salad⁸
Chocolate Mousse¹⁰

NOTE: ¹Macedoine of Bream.—Boil 2 lb. bream. Drain a tin of macedoine of vegetables. Moisten with French dressing. Arrange round bream, dressed mayonnaise and diced cucumber. ³Orange Salad.—Halve 4 oranges and remove pulp carefully with a pointed spoon. Place in a basin with juice, 1½ tablespoons sugar, juice of ½ lemon, 2 tablespoons mint. Chill. ²p. 60; ⁴p. 83; ⁵p. 72; ⁶p. 1; ⁷p. 15; ⁸p. 9; ⁹p. 99; ¹⁰p. 70.

JULY: SECOND WEEK

MONDAY

Breakfast

Stewed Prunes
Boiled Eggs
Toast Oatcakes
Gooseberry Jelly
Tea or Coffee

High Tea

Sausage Rolls
Cucumber Sandwiches
Walnut Bread Drop Scones
Cocoa Bread (L) Date Drops
Orange Gingerbread
Coconut Biscuits
Cherries

Lunch or Supper

Ham and Tongue
Russian Salad
Apple Pancakes¹
Biscuits Tomatoes
Leicester Cheese

Dinner

Grapefruit Cocktail
Boiled Silverside
Carrots Turnips Potatoes
Viennese Pudding¹
Custard Sauce
Mushroom Canapés

TUESDAY

Breakfast

Strawberries
Bacon and Eggs
Oatcakes Toast
Orange Marmalade
Tea or Coffee

High Tea

Jellied Meat Salad (L)
White Bread Walnut Bread (L) Steamed Salmon Sauce Tartare
Sultana Scones Muffins
Genoa Cake
Chocolate Biscuits
Black Grapes

Lunch or Supper

Cold Silverside Apricot Chutney
Mixed Vegetable Salad
Chocolate Blancmange
Banana Custard¹
Toast Radishes

Dinner

Hors d'Œuvres
Grilled Fillet Steak
Maitre d'Hôtel Butter
Potato Straws Green Peas
Cream Caramel

NOTE: Add Dessert to Monday's Dinner and Cauliflower Cheese⁴ to Tuesday's.
¹ *Viennese Pudding*.—Caramelize 1 oz. loaf sugar. Add $\frac{1}{2}$ pint milk and let caramel dissolve. Mix 3 oz. cleaned sultanas, 2 oz. chopped, mixed peel, 5 oz. breadcrumbs with 3 oz. castor sugar. Add 2 beaten eggs and $\frac{1}{2}$ gill sherry to milk. Strain over bread and fruit in a buttered basin. Stand half an hour. Cover with buttered paper. Steam till firm. ² p. 55; ³ p. 18; ⁴ p. 53.

JULY: SECOND WEEK

WEDNESDAY

Breakfast

Pineapple
Egg and Green Pea Scramble
Toast Wheaten Rolls
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Salmon Mayonnaise (L)
Cucumber Salad
Fairy Pudding¹
Custard Sauce
Biscuits Spring Onions
Gorgonzola Cheese

Tea

Stuffed Tomatoes
Brown Bread Toast
Milk Scones Bath Buns
Ratafia Cheese Cakes
Coffee Eclairs
Fruit Salad

Dinner

Cream of Tomatoes
Fried Fish Cakes
Boiled Chicken Capers Sauce
Mashed Potatoes Green Peas
Strawberry Ice Cream
Friandises

THURSDAY

Breakfast

Green Grapes
Grilled Gammon and Tomatoes
Rolls Oatcakes
Lemon Jelly
Tea or Coffee

Lunch or Supper

Chicken Salad (L)
Lemon Milk Jelly
Stewed Pears
Oatcakes Tomatoes
Camembert Cheese

High Tea

Chicken Liver Rolls² (L)
White Bread Soda Scones
Coffee Buns Marble Gems
Genoa Cake (L)
Chocolate Wafers³
Oranges

Dinner

Hotch Potch
Lobster Newburg²
Scallops of Veal⁴
Buttered Beans New Potatoes
Black Currant Fool
Vanilla Wafers

NOTE: Add Lettuce Salad, Melba Toast and Brie Cheese to Wednesday's Dinner and Welsh Rarebit to Thursday's, if liked. ¹*Fairy Pudding*.—Put $\frac{1}{2}$ pint water and 1 cup sugar to boil with rind and juice of a lemon. When boiling, strain. Mix $1\frac{1}{2}$ tablespoons cornflour to a cream with cold water. Stir into liquid. Boil for 3 minutes, stirring constantly. Cool. Fold in 2 stiffly-frothed egg whites. Mould. ² p. 34; ³ p. 3; ⁴ p. 35; ⁵ p. 102.

JULY: SECOND WEEK

FRIDAY

Breakfast

Sliced Peaches
Fried Eggs and Bacon
Toast Brown Rolls
Heather Honey
Tea or Coffee

Lunch or

Melton Mowbray Pie
Cucumber and Lettuce Salad
Strawberry Shortcake
Rusks Radishes
Leicester Cheese

High Tea

Scotch Eggs and Watercress
Brown Bread Dough Cake
Rock Cakes Meringues
Apricot Swiss Roll
Marzipan Biscuits
Peaches and Cream

Dinner

Strawberry Cocktail
Fried Whitebait and Lemon
Guinea Fowl Voisin²
Mashed Potatoes
Carrots and Peas
Zabaglione

SATURDAY

Breakfast

Grapefruit
Bacon and Corn Fritters⁴
Oatcakes Toast
Damson Cheese
Tea or Coffee

Lunch or Supper

Salmon Loaf³ Egg Sauce
Buttered Green Peas
Apple Fritters
Digestive Biscuits Watercress
Gorgonzola Cheese

High Tea

Shrimp Toasts
Milk Bread Fruit Bread
Cream Scones Sultana Buns
Marshmallow Layer Cake
Ginger Nuts
Dessert

Dinner

Onion Soup⁵
Guinea Fowl Croquettes (L)
Mixed Grill
Potato Straws Grilled Tomatoes
Black Currant Cream¹

NOTE: Add stuffed Tomatoes to Friday's Dinner and Tunny Fish Canapés to Saturday's. ¹*Black Currant Cream*.—Dissolve $\frac{1}{2}$ oz. gelatine in $\frac{1}{2}$ gill hot black currant purée. Beat 3 eggs. Stir in $1\frac{1}{2}$ pints milk. Pour into top of a double boiler. Stir till thick. Add 2 oz. castor sugar. Remove from stove. Stir in currant purée. Pour into a basin. When ready to set, stir in 1 gill cream, whipped till thick. Mould. Turn out. Decorate with whipped cream. ² p. 44; ³ p. 107; ⁴ p. 78; ⁵ p. 121.

JULY: THIRD WEEK

SUNDAY

Breakfast

Orange Juice
Grilled Kidneys and Tomatoes
Toast Rolls
Lime Marmalade
Tea or Coffee

High Tea

Liver Pâté
Toast Watercress
Walnut Bread Currant Scones
Devonshire Splits
Devil's Food Cake^a
Rice Biscuits
Cherries

Lunch or Supper

Cold Hamburg Loaf
Apple and Beetroot Salad
Baked Custard and Mandarins
Oatcakes Spring Onions
Carraway Cheese^a

Dinner

Cream of Mushrooms
Roast Mutton Onion Sauce
Creamed Potatoes
Buttered Broad Beans
Pineapple Charlotte
Roes on Toast

MONDAY

Breakfast

Stewed Figs
Grilled Sausages Fried Apples
Rye Rolls Toast
Honey
Tea or Coffee

High Tea

Tunny Fish Toasts
Cucumber Sandwiches
Walnut Bread (L) Drop Scones
Eccles Cakes Coburg Cakes
Fruit Gingerbread
Date Kisses
Fresh Figs

Lunch or Supper

Cold Ham and Tomatoes
Piccalilli
Scalloped Potatoes
Junket
Steamed Plums
Toast Tomatoes
Dutch Cheese

Dinner

Hors d'Œuvres
Scalloped Crab
Curried Mutton¹ (L)
Boiled Rice (L)
Mango Chutney Green Peas
Fresh Fruit Salad
Whipped Cream

NOTE: ¹Curried Mutton.—Remove all gristle from 1 lb. cold mutton before chopping and weighing. Melt 4 oz. butter in a saucepan. Add 2 peeled sliced onions, 2 dessertspoons flour, and 2 dessertspoons curry powder. Stir 2 minutes, then add 2 chopped apples, 2 tablespoons chutney, 1 pint stock, salt to taste. When boiling, simmer for half an hour. Add meat, squeeze of lemon juice and 2 or 3 tablespoons cream. ^a p. 21; ^b p. 69.

JULY: THIRD WEEK

TUESDAY

Breakfast

Grapefruit
Scrambled Eggs
Toast Oatcakes
Grapefruit Marmalade
Tea or Coffee

High Tea

Ham and Egg Pie
Mustard and Cress Sandwiches
Malt Bread Oven Scones
Cream Buns Parkin
Fruit Gingerbread (L)
Strawberries

Lunch or Supper

Fried Meat Cakes
Scalloped Potatoes Lettuce Salad
Stewed Dried Apricots
Custard Sauce
Rolls Radishes
Cheddar Cheese

Dinner

Vegetable Broth
Fried Brill Tomato Sauce
Grilled Spring Chicken
New Potatoes French Beans
Gooseberry Fool

WEDNESDAY

Breakfast

Oranges
Grilled Gammon Fried Bananas
Brown Rolls Toast
Tangerine Marmalade
Tea or Coffee

High Tea

Devilled Eggs
Watercress Sandwiches
Brown Bread Crumpets
Ratafia Cheese Cakes
Dundee Cake¹
Shortbread Biscuits
Bananas and Mandarins

Lunch or Supper

Kidney Omelet
Creamed Tapioca
Steamed Greengages
Biscuits Spring Onions
Gorgonzola Cheese

Dinner

Mock Turtle Soup
Grilled Trout
Maitre d'Hôtel Butter
Scotch Collops
Buttered Leeks New Potatoes
Cherry Flan

NOTE: Add Welsh Rarebit to Tuesday's Dinner and Stuffed Tomatoes to Thursday's if liked. ¹*Dundee Cake*.—Cream $\frac{3}{4}$ lb. butter and $\frac{1}{4}$ lb. castor sugar. Beat in 6 oz. eggs, weighed in their shells, one at a time. Sift in 5 oz. flour. Add $\frac{1}{4}$ lb. currants and 6 oz. chopped candied peel. Beat in another 6 oz. eggs as before. Sift in 5 oz. flour. Place in a greased cake tin lined with greased paper. Cover with blanched almonds. Bake in a moderate oven.

JULY: THIRD WEEK

THURSDAY

Breakfast

Stewed Prunes
Finnan Kedgerie
Toast Corn Bread
Gooseberry Jelly
Tea or Coffee

High Tea

Prawn Mayonnaise
Brown Bread Muffins
Coburg Cakes Jap Cakes³
Orange Cheese Cakes
Dundee Cake (L)
Green Grapes

Lunch or Supper

Collops au Gratin¹ (L)
Stewed Cabbage²
Junket Stewed Cherries
Oatcakes Watercress
Gorgonzola Cheese

Dinner

Melon Cocktail
Grilled Salmon Steaks
Maitre d'Hôtel Butter
Casserole of Bohemian Pheasant
Buttered Peas New Potatoes
Cream Caramel

FRIDAY

Breakfast

Gooseberries
Fried Bacon Corn Fritters⁴
Rolls Toast
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Deville Kidneys⁵
New Potatoes Grilled Tomatoes
Plum Fool (L)
Biscuits Radishes
Cheshire Cheese

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Dinner

Veal Galantine	Cream of Green Peas
Green Pea Salad	Grilled Lamb Cutlets
Toast Cocoa Bread	Broad Beans Potato Straws
Swiss Buns Treacle Scones ⁶	Fruit Salad
Strawberry Swiss Roll	Petits Fours
Chocolate Biscuits	Cheese Soufflé
Fresh Figs	

NOTE: Add Welsh Rarebit to Thursday's Dinner and Fried Sole with Sauce Hollandaise to Friday's. ¹*Collops au Gratin*.—Place the remainder of Scotch Collops in the bottom of a buttered fireproof dish. Cover with mashed potatoes, mixed with hot milk, butter and pepper and salt to taste. Ornament with a fork. Dab with butter. Bake in a hot oven till brown on top. ² p. 28; ³ p. 130; ⁴ p. 78; ⁵ p. 27; ⁶ p. 153.

JULY: FOURTH WEEK

SATURDAY

Breakfast

Apricots
Poached Eggs
Oatcakes Brown Rolls
Orange Marmalade
Tea or Coffee

Lunch or Supper

Grilled Herrings Mustard Sauce
Lyonnaise Potatoes²
Ground Rice Mould
Crushed Pineapple
Rolls Spring Onions
Leicester Cheese

High Tea

Macaroni au Gratin
Tomato Sandwiches
Cocoa Bread (L) Oven Scones
Chelsea Buns Queen Cakes
Devil's Food Cake⁵
Rice Biscuits
Greengages

Dinner

Kidney Soup
Sole Mornay⁴
Casserole of Steak
Mashed Potatoes French Beans
Raspberries and Cream
Mushroom Canapés

SUNDAY

Breakfast

Grapefruit
Chipolatas and Fried Tomatoes
Toast Pastry Crescents
Lemon Cheese¹
" Tea or Coffee

Lunch or Supper

Brawn
Lettuce and Tomato Salad
Black Currant Flan
Toast Watercress
Carraway Cheese⁶

High Tea

Tunny Fish Canapés
Tomato Sandwiches
Malt Bread Drop Scones
Coffee Macaroons
Walnut Wafers
Pineapple Layer Cake
Melon

Dinner

Hors d'Oeuvres²
Salmon Soufflé⁷
Roast Scotch Beef
Roast Potatoes Mashed Turnips
Fruit Salad
Whipped Cream

NOTE: ¹*Lemon Cheese*.—Place 2 oz. fresh butter and $\frac{1}{2}$ lb. loaf sugar in a double boiler. Add the grated rind of 2 lemons and the strained juice. Beat and stir in 4 eggs. Keep stirring till the mixture coats the back of the spoon. Pot and seal. ²*Hors d'Oeuvres*.—Choose Sardines, Beetroot Salad, Olives, Liver Sausage and Egg Mayonnaise. ³ p. 42; ⁴ p. 56; ⁵ p. 69; ⁶ p. 21; ⁷ p. 1.

JULY: FOURTH WEEK

MONDAY

Breakfast

Pineapple
Grilled Kippers
Toast Oatcakes
Tangerine Marmalade
Tea or Coffee

High Tea

Brawn
Lettuce and Beetroot Salad
White Bread Malt Bread (*L*)
Lemon Buns Doughnuts
Cherry Cake
Meringues
Stewed Plums

Lunch or Supper

Shepherds' Pie (*L*)
Buttered Vegetable Marrow
Apple Betty
Custard Sauce
Biscuits Radishes
Gruyère Cheese

Dinner

Minestrone
Cold Roast Beef
Pickled Beetroot
Scalloped Potatoes Cauliflower
Loganberry Flan
Cheese Fondue

TUESDAY

Breakfast

Greengages
Fried Salmon Cakes
Brown Rolls Toast
Heather Honey
Tea or Coffee

High Tea

Grilled Mackerel
Cucumber Sandwiches
Brown Bread Toast
Orange Gems Dough Cake
Devonshire Splits
Chocolate Wafers¹
Bilberries

Lunch or Supper

Beef Hash (*L*)
Tomato Salad
Honeycomb Mould²
Stewed Cherries
Toast Spring Onions³
Brie Cheese

Dinner

Cream of Asparagus
Fried Whitebait
Stewed Breast of Veal¹
New Potatoes Green Peas
Pineapple Fritters (*L*)

NOTE: Add Dessert to Monday's Dinner and Gruyère Soufflé to Tuesday's, if liked. ¹*Stewed Breast of Veal*.—Scrape and slice 2 small carrots. Peel 2 small onions and 1 small turnip. Slice turnip. Place in a stewpan. Add 2 lb. veal, cut in suitable pieces. Add 12 peppercorns and 2½ gills water or stock. Cover. Bring to boil. Skim. Season. Cover and stew slowly for 2½ hours. ² p. 12; ³ p. 102.



LIGHT AND DARK MIXTURE IN MARBLE CAKE.

JULY: FOURTH WEEK

WEDNESDAY

Breakfast

Plums
Fried Bacon Eggs Tomatoes
Toast Oatcakes
Grapefruit Marmalade
Tea or Coffee

High Tea

Fish and Chips
Watercress Sandwiches
Walnut Bread Dough Cake (L)
Eccles Cakes Macaroons
Marble Cake
Cracknels
Sliced Peaches

Lunch or Supper

Melton Mowbray Pie
Mixed Vegetable Salad
Loganberry Fool
Oatcakes Watercress
Potted Cheese²

Dinner

Cantaloup
Ginger Marmalade
Grilled Mutton Cutlets
New Potatoes Broad Beans
Chocolate Charlotte
Scotch Angels-on-Horseback³

THURSDAY

Breakfast

Orange Juice
Fried Herrings
Brown Rolls Toast
Ginger Marmalade
Tea or Coffee

High Tea

Kidney and Mushroom Toasts
Walnut Bread (L) Currant Buns
Date Kisses Shortbread
Oxford Plum Cake
Custard Cream Biscuits
Fruit Salad

Lunch or Supper

York Ham
Potato and Cucumber Salad
Stewed Apples
Almond Custard Sauce
Toasts Radishes
Gervais Cheese

Dinner

Scotch Broth
Fried Rainbow Trout¹
Braised Sweetbreads
New Potatoes French Beans
Greengate Tart

NOTE: Add Ham Mousse as a second course to Wednesday's Dinner and Gruyère Titbits⁴ to Thursday's. ¹*Fried Rainbow Trout*.—Clean and sprinkle 4 trout with salt. Stand for 1 hour. Place on a large dish. Pour over 1 glass white wine. Drain. Dip in flour seasoned with salt, pepper and paprika. Egg and crumb; Fry in smoking-hot lard. Serve garnished fried parsley and lemon slices. ² p. 74. ³ p. 24; ⁴ p. 8.

JULY: FOURTH WEEK

FRIDAY

Breakfast

Loganberries
Mushroom Omelet
Toast Rolls
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Hamburg Steaks
Sauté Potatoes Grilled Tomatoes
Semolina Mould
Stewed Pears
Biscuits Watercress
Camembert Cheese

Tea

Ham and Cress Rolls
Tunny Fish Sandwiches
Raisin Bread Coffee Buns
Oxford Plum Cake (L)
Apricot Tartlets Coffee Eclairs
Cherries

Tomato Soup
Hot Cheese Straws
Stewed Veal and Risotto¹
Creamed Spinach New Potatoes
Vanilla Ice Cream²
Dessert

SATURDAY

Breakfast

Stewed Figs
Grilled Liver Bacon Rolls
"Wheaten Rolls Toast
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Veal and Ham Pie
Cauliflower Mimosa²
Lemon Blancmange Fruit Salad
Toast Spring Onions
Gorgonzola Cheese

High Tea

Grilled Herring Mustard Sauce
Watercress Sandwiches
Toast Soda Scones
Fruit Drops Coburg Cakes
Mocha Layer Cake
Rice Biscuits
Green Grapes

Dinner

Hors d'Œuvres
Halibut Mornay⁴
Boiled Silverside Dumplings
Mixed Boiled Vegetables
Summer Pudding⁵

NOTE: ¹*Stewed Veal and Risotto*.—Fry 1 sliced onion and 1 lb. veal cut in equal pieces in $\frac{3}{4}$ oz. butter. Add a sliced carrot, $\frac{1}{2}$ pint stock, and season. Cover. Simmer till tender. Arrange in centre of Risotto. ²*Cauliflower Mimosa*.—Place a cold young boiled cauliflower in a salad bowl. Cover with thick mayonnaise. Sieve 2 hard-boiled egg yolks over. ³ p. 72; ⁴ p. 56; ⁵ p. 68.

August



AUGUST: FIRST WEEK

SUNDAY

Breakfast

Gooseberries
Finnan Haddock Poached Eggs
Oatcakes Toast
Lime Marmalade
Tea or Coffee

High Tea

Liver Pâté Watercress
Toast Rye Bread
Marble Gems Rock Cakes
Swiss Buns Walnut Kisses
Lawn Tennis Cake⁴
Brandy Snaps
Raspberries and Cream

Lunch or Supper

Silverside
Russian Salad
Creamed Tapioca
Stewed Figs (L)
Oatcakes Radishes
Cheddar Cheese

Dinner

Onion Soup²
Lobster Mould Shrimp Sauce
Roast Lamb Mint Sauce
French Beans Roast Potatoes
Almond Trifle

MONDAY

Breakfast

Grapefruit
Bacon and Corn Fritters⁴
Toast Wheaten Rolls
Lemon Marmalade
Tea or Coffee

High Tea

Tomato Sandwiches
Brown Bread Potted Cheese⁶
Bran Muffins Ginger Wafers¹
Ayrshire Shortbread
Lawn Tennis Cake (L)³
Peaches and Cream

Lunch or Supper

Silverside Hash (L)
Stewed Cabbage⁵
Pineapple and Cream
Biscuits Spring Onions
Port de Salut Cheese

Dinner

Cream of Green Peas
Cold Lamb Lettuce Salad
Scalloped Potatoes
Buttered Carrots
Apricot Soufflé Pancakes⁷
Angels-on-Horseback

NOTE: ¹*Ginger Wafers*.—Measure $1\frac{1}{2}$ cups treacle into a saucepan. Add 1 cup sugar, 1 cup butter, $\frac{1}{2}$ tablespoon ground ginger, 1 teaspoon ground cinnamon and 4 cups flour. Bring to a fast boil. Remove from stove, add $1\frac{1}{2}$ teaspoons baking soda. Mix well. Cool. Stir in enough flour to make a soft dough. Roll out thinly. Cut into rounds. Bake in a hot oven, 400 degrees Fahr. ² p. 121;

⁴ p. 78; ⁵ p. 28; ⁶ p. 74; ⁷ p.

AUGUST: FIRST WEEK

TUESDAY

Breakfast

Apricots
Grilled Kippers
Oatcakes Toast
Honey
Tea or Coffee

High Tea

Grilled Kidneys and Bacon
Toast Milk Bread
Oven Scones Swiss Buns
Chocolate Gateau
Cream Slices
Fresh Pears

Lunch or Supper

Curried Lamb (L) Boiled Rice
Date Chutney Lettuce Salad
Lemon Sponge
Stewed Loganberries
Toast Radishes
Cream Cheese

Dinner

Grapefruit
Fried Plaice Tomato Sauce
Grilled Chicken
New Potatoes Creamed Spinach
Cream Caramel

WEDNESDAY

Breakfast

Apples
Egg and Bacon Scramble
Toast Rolls
Red Currant Jelly
Tea or Coffee

High Tea

Bacon and Liver Toasts
Watercress Sandwiches
Malt Fruit Bread
Bath Buns Doughnuts
Orange Layer Cake
Abernethy Biscuits¹
Raspberries and Cream

Lunch or Supper

Sliced Ox Tongue
Green Pea and Potato Salad
Junket and Stewed Apricots (L)
Oatcakes Spring Onions
Gorgonzola Cheese

Dinner

Hotch Potch
Steak and Kidney Pie
Mashed Potatoes Broad Beans
Plum Tart
Custard in Glasses
Mushrooms on Toast

NOTE: Add Cheese Aigrettes to Tuesday's Dinner and Dessert to Wednesday's, if liked. ¹*Abernethy Biscuits*.—Sift $\frac{1}{2}$ lb. flour and $\frac{1}{2}$ teaspoon baking powder into a basin. Rub in 3 oz. butter. Add 3 oz. castor sugar. Moisten with beaten egg diluted with milk or with egg only. Roll out thinly on a floured board. Cut into rounds. Prick with a fork. Bake for about 10 minutes in a moderate oven.

AUGUST: FIRST WEEK

THURSDAY

Breakfast

Stewed Prunes
Kedgeree
Rolls Toast
Orange Marmalade
Tea or Coffee

Lunch or Supper

Toad-in-the-Hole
Farina Mould
Strawberry Syrup
Biscuits Watercress
Leicester Cheese

High Tea

Brain Snacks¹
Tomato Sandwiches
Currant Scones Brown Bread
Doughnuts Iced Cakes
Walnut Gingerbread
Oatmeal Biscuits
Pineapple

Dinner

Grapefruit
Roast Stuffed Veal
Sour Cream Gravy
Roast Potatoes Buttered Leeks
Lemon Meringue Pie
Stuffed Tomatoes

FRIDAY

Breakfast

Grilled Sausages Fried Bananas
Oatcakes Toast
Lemon Cheese
Tea or Coffee

Lunch or Supper

Cold Veal Buttered Beetroot
Baked Stuffed Potatoes²
Devonshire Junket
Stewed Prunes (L)
Toast Tomatoes
Gruyère Cheese

High Tea

Fried Fish and Chips
Toast Drop Scones
Eccles Cakes Cherry Buns
Walnut Gingerbread (L)
Date Biscuits
Pears and Plums

Dinner

Fruit Cocktail
Turbot Florentine³
Grilled Steak and Fried Onions
Maitre d'Hôtel Butter
Potato Chips
Pineapple Charlotte

NOTE: Add Fish Soufflé to Thursday's Dinner and Anchovy Canapés to Friday's, if liked: ¹*Brain Snacks*.—Cook and mash 1 set brains. Mix with minced parsley, salt, ground ginger and pepper to taste. Shape into "corks" with floured hands. Egg and crumb. Fry in deep smoking-hot fat till golden. If preferred, drop pieces into a batter made of 1 egg, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup milk and 1 teaspoon baking powder before frying. ² p. 19; ³ p. 161.

AUGUST: SECOND WEEK

SATURDAY

Breakfast

Pineapple Slices
Fried Eggs and Bacon
Brown Rolls Toast
Damson Jelly
Tea or Coffee

High Tea

Fried Sausage Cakes
Grilled Tomatoes
Toast Soda Scones
Chelsea Buns Spice Drops
Victoria Sandwich
Flapjacks⁴
Dessert

Lunch or Supper

Casserole of Liver
Mashed Potatoes
Lemon Blancmange
Stewed Apricots
Oatcakes Spring Onions
Gorgonzola Cheese

Dinner

Clear Soup
Bream à la Portugaise³
Roast Duck
Green Peas New Potatoes
Orange and Mint Salad⁵
Butterscotch Pie

SUNDAY

Breakfast

Orange Juice
Creamed Finnan Haddock
Toast Oatcakes
Heather Honey
Tea or Coffee

High Tea

Veal Galantine
Lettuce and Tomatoes
Brown Bread Toast
Tea Cakes Seed Cake
German Pound Cake
Chocolate Wafers¹
Oranges

Lunch or Supper

Vegetable Broth
Stuffed Vegetable Marrow
Lemon Cheese Tartlets
Biscuits Radishes
Roquefort Cheese

Dinner

Oyster Stew⁶
Roast Beef
Roast Potatoes Buttered Beans
Yorkshire Pudding
Tipsy Squire⁶
Cauliflower Cheese⁷

NOTE: Add Stuffed Tomatoes to Saturday's Dinner and Dessert to Sunday's, if liked. ¹*Chocolate Wafers*.—Beat 2 oz. castor sugar and 3½ oz. butter to a cream. Stir in 5 oz. flour, 1 oz. ground almonds, if liked, and 2 oz. grated chocolate. Mix well. Roll out thinly on a lightly-floured board. Cut into fancy shapes. Bake in a moderate oven. Dust with castor sugar. ² p. 163; ³ p. 88; ⁴ p. 129; ⁵ p. 64; ⁶ p. 39; ⁷ p. 53.

AUGUST: SECOND WEEK

MONDAY

Breakfast

Stewed Figs
Mushrooms and Bacon
Wheaten Rolls Toast
Lime Marmalade
Tea or Coffee

Lunch or Supper

Galantine
Tomato and Onion Salad
Stewed Plums
Custard Sauce
Toast Watercress
Dutch Cheese

High Tea

Kipper Toasts¹
Milk Bread Sally Lunn
Custard Cream Biscuits
Queen Gems Meringues
German Pound Cake (*L*)
Green Grapes

Dinner

Mandarin Cocktail
Scallops of Salmon
Cold Roast Beef and Pickles
Creamed Potatoes Glazed Carrots
Baked Chocolate Pudding²

TUESDAY

Breakfast

Grapefruit
Boiled Eggs Cold Ham
Toast Oatcakes
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Eggs au Gratin
Lettuce and Tomato Salad
Apple Mousse²
Biscuits Spring Onions
Gervais Cheese

High Tea

Pickled Herring
Toast Cress Sandwiches
Date Bread Currant Buns
Barnbrack
Coffee Macaroons
Plums

Dinner

Kidney Soup
Braised Mutton Chops
Riced Potatoes
Vanilla Ice Cream⁴
Chocolate Sauce⁵
Finnan Croutés⁶

NOTE: ¹*Kipper Toasts*.—Fry 2 kippers in butter. Remove flesh. Flake on to 4 rounds hot buttered toast. Arrange 3 large tomatoes, scalded, peeled, sliced, on top. Season. Dab with butter. Grill 2 minutes. ²*Apple Mousse*.—Sieve 1 lb. peeled apples stewed with 5 oz. sugar and juice 1 lemon. Add $\frac{1}{4}$ oz. dissolved gelatine, and stiffly-frothed white of 1 egg. Pile in sundæ glasses. Garnish with whipped cream. ³ p. 2; ⁴ p. 72; ⁵ p. 61; ⁶ p. 9.

AUGUST: SECOND WEEK

WEDNESDAY

Breakfast

Stewed Apples
Fried Salmon Cakes
Toast Pastry Crescents
Tangerine Marmalade
Tea or Coffee

High Tea

Tongue and Cress Rolls
Sardine Sandwiches
Oatmeal Scones Tea Cakes
Doughnuts Cream Slices
Marshmallow Layer Cake
Fresh Peaches

Lunch or Supper

Devilled Kidneys¹
Tomato Toasts
Cocoa Blancmange
Banana Custard²
Oatcakes Radishes
Roquefort Cheese

Dinner

Cream of Corn
Grilled Sole Sauce Tartare
Roast Guinea Fowl
Roast Potatoes Bread Sauce
Lettuce Salad
Blackberry Flan

THURSDAY

Breakfast

Green Grapes
Poached Eggs Bacon Toasts
Brown Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Hot Mutton Pies
White Bread Drop Scones
Bran Muffins Jap Cakes⁴
Barmbrack
Chocolate Biscuits
Fruit Salad

Lunch or Supper

Melton Mowbray Pie
Mixed Vegetable Salad
Banana Jelly
Biscuits Tomatoes
Leicester Cheese

Dinner

Hors d'Œuvres¹
Boiled Fowl Parsley Sauce
Riced Potatoes Green Peas
Plum Tart
Cauliflower Cheese⁵

NOTE: Add Welsh Rarebit to Wednesday's Dinner and Dessert to Thursday's, if liked. Serve Banana Jelly with whipped cream, and Plum Tart with cream or custard sauce. If preferred, substitute Hollandaise or Caper Sauce for Parsley Sauce with Boiled Fowl, and boiled or mashed potatoes for riced. ¹Hors d'Œuvres. —Serve Sardines, Smoked Herring Fillets, Beetroot Salad, Shredded Green Pepper, Russian Salad and Liver Sausage. ²p. 27; ³p. 18; ⁴p. 130; ⁵p. 53.

AUGUST: SECOND WEEK

FRIDAY

Breakfast

Apricots
Kedgeree
Toast Oatcakes
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Chicken Salad (L)
Black Currant Summer Pudding¹
Toast Spring Onions
Pommel Cheese

High Tea

Welsh Rarebit
Watercress
White Bread Date Loaf
Sultana Scones
Chocolate Eclairs
Cherry Cake
Ginger Wafers³
Dessert

Dinner

Chicken Broth (L)
Prawns au Gratin
Grilled Fillet Steak
Potato Straws Fried Aubergine¹
Raspberries
Whipped Cream

SATURDAY

Breakfast

Oranges
Kidneys and Bacon
Brown Rolls Oatcakes
Oxford Marmalade²
Tea or Coffee

Lunch or Supper

Russian Fish Pie⁴
Cucumber Salad
Creamed Rice Stewed Figs
Biscuits Radishes
Gorgonzola Cheese

High Tea

Mushrooms on Toast
Date Loaf (L) Soda Bread
Drop Scones Swiss Buns
Cherry Cake (L)
Meringues
Black Grapes

Dinner

Grapefruit
Steamed Halibut Egg Sauce
Casserole of Liver
Mashed Potatoes Boiled Leeks
Chocolate Mousse⁵

NOTE: Add Stuffed Tomatoes to Friday's Dinner and Dessert to Saturday's, if liked. If preferred, substitute Stewed Cucumber for Fried Aubergine. Use either calf's or sheep's liver for Casserole. ¹*Fried Aubergine*. — Peel and cut aubergine into fairly thin slices crosswise. Dip in seasoned flour. Fry in a little smoking-hot butter on both sides. Serve at once. ² p. 68; ³ p. 99; ⁴ p. 79; ⁵ p. 70.

AUGUST: THIRD WEEK

SUNDAY

Breakfast

Stewed Prunes
Bacon, Tomatoes, Fried Bread
Toast Pastry Crescents
Lime Marmalade
Tea or Coffee

High Tea

Fried Fish and Chips
Cucumber Salad
Soda Bread (L) Treacle Scones²
Flapjacks³ Queen Cakes
Orange Gingerbread
Cocoanut Macaroons
Fresh Pears

Lunch or Supper

Ham and Tongue
Mixed Vegetable Salad
Junket Stewed Apricots
Toast Tomatoes
Leicester Cheese

Dinner

Hors d'Œuvres
Roast Stuffed Veal
Roast Potatoes French Beans
Butterscotch Pie
Gruyère Titbits⁴

MONDAY

Breakfast

Pineapple Slices
Scrambled Eggs
Toast Oatcakes
Lemon Cheese
Tea or Coffee

High Tea

Pressed Beef
Tomato Salad
Walnut Bread Currant Buns
Eccles Cakes Cream Doughnuts
Strawberry Swiss Roll
Ginger Nuts
Oranges

Lunch or Supper

Brawn
Russian Salad
Creamed Tapioca
Strawberry Syrup
Oatcakes Spring Onions
Cream Cheese

Dinner

Scotch Broth
Lobster au Gratin
Cold Veal Mixed Pickles
Scalloped Potatoes
Creamed Peas
Apricot Soufflé Pancakes¹

NOTE: Add Dessert to Sunday's menu and Cauliflower Cheese⁵ to Monday's, if liked. ¹Apricot Soufflé Pancakes.—Drop $\frac{1}{2}$ lb. butter, bit by bit, into $\frac{1}{2}$ pint boiled milk. Cool. Beat 3 tablespoons flour to a cream with 2 egg yolks. Stir into milk. Fold in 2 stiffly-frothed egg whites. Pour batter into buttered saucers. Bake in hot oven about 20 minutes. Fill with apricot jam. Dredge with castor sugar. ² p. 129; ³ p. 153; ⁴ p. 8; ⁵ p. 53.

AUGUST: THIRD WEEK

TUESDAY

Breakfast

Grilled Sausages Fried Apples
Brown Rolls Toast
 Honey
Tea or Coffee

High Tea

Scalloped Haddock
Watercress Sandwiches
Corn Bread Currant Buns
 Queen Gems
 Dundee Cake³
Maids of Honour
Stewed Plums

Lunch or Supper

Veal Shepherd's Pie (L)
Buttered Boiled Marrow
Pineapple Jelly (L)
Biscuits Radishes
Dutch Cheese

Dinner

Cream of Asparagus
Fried Skate Black Butter¹
Braised Sweetbreads
Mashed Potatoes
Creamed Spinach
Chocolate Creams²

WEDNESDAY

Breakfast

~~Toast~~ ~~Watercress~~
Ginger Marmalade
Tea or Coffee

High Tea

Devilled Eggs
Tunny Fish Sandwiches
Corn Bread (L) Bath Buns
Coburg Cakes Meringues
Dundee Cake (L)³
Chocolate Biscuits
Apples

Lunch or Supper

Salmon Loaf¹

Apricot Flan
Toast Watercress
Carraway Cheese⁴

Dinner

Fruit Cocktail
Steak and Kidney Pie
Boiled Potatoes Stewed Cabbage⁵
Trifle
Mushroom Toasts

NOTE: Add Finnan Croûtes⁶ to Tuesday's Dinner and Boiled Salmon and Sauce Tartare to Wednesday's. ¹*Salmon Loaf*. - Beat 2 eggs. Stir in $\frac{1}{2}$ cup milk, 2 cups flaked canned salmon, 2 teaspoons minced parsley, 2 teaspoons lemon juice, 2 cups breadcrumbs, and salt and pepper to taste. Pack into a buttered loaf tin. Cover with buttered paper and steam for half an hour or till set. Serve with caper sauce and riced potatoes, if liked. ² p. 65; ³ p. 93; ⁴ p. 21; ⁵ p. 28; ⁶ p. 9.

AUGUST: THIRD WEEK

THURSDAY

Breakfast

Stewed Figs
Finnan Kedgerie
Brown Rolls Toast
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Stewed Kidneys
Boiled Rice Green Peas
Honeycomb Mould²
Steamed Plums
Biscuits Tomatoes
Gorgonzola Cheese

High Tea

Melton Mowbray Pie
Lettuce and Tomatoes
Malt Bread Girdle Scones
Chelsea Rock Cakes
Chocolate Layer Cake
Petits Fours
Bilberries and Cream

Dinner

Minestrone
Sole au Gratin
Casserole of Grouse
Mashed Potatoes
Buttered Beans
Blackcurrant Fool

FRIDAY

Breakfast

Stewed Prunes
Grilled Gammon Corn Fritters³
Toast Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Deville Lobster¹
Watercress
Junket Pineapple Slices
Oatcakes Radishes
Gruyère Cheese

High Tea

Welsh Rarebit
Spring Onions
Malt Bread (L) Currant Buns
Dough Cakes Cheese Cakes
Madeira Cake
Coffee Eclairs
Fruit Salad

Dinner

Mock Turtle Soup
Braised Halibut
Beef Olives
Mashed Potatoes Cauliflower
Vanilla Ice Cream⁴
Chocolate Sauce⁵

NOTE: ¹*Deville Lobster*.—Beat $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoon dry mustard, $\frac{1}{2}$ tablespoon lemon juice, $\frac{1}{2}$ tablespoon Worcester sauce and $\frac{1}{2}$ teaspoon salt together. When well mixed, turn into the top of a double boiler. Stir till blended. Add 2 cups diced, canned or boiled lobster. Cook for 6 minutes. Serve on canapés of hot buttered toast. Garnish with lemon and parsley. ² p. 12; ³ p. 78; ⁴ p. 72; ⁵ p. 61.

AUGUST: FOURTH WEEK

SATURDAY

Breakfast

Orange Juice
Fried Kippers
Rolls Toast
Heather Honey
Tea or Coffee

High Tea

Fried Liver and Bacon
Fried Mushrooms
Walnut Bread Sultana Scones
Oatmeal Biscuits Jap Cakes²
Madeira Cake (L)
Sliced Peaches

Lunch or Supper

Baked Stuffed Herrings
Lettuce and Cucumber Salad
Ground Rice Mould
Loganberry Syrup
Oatcakes Tomatoes
Leicester Cheese

Dinner

Grapefruit
Baked Smelts¹
Grilled Lamb Cutlets
Fried Potatoes Glazed Carrots
Cream Caramel

SUNDAY

Breakfast

Gooseberries
Steamed Eggs Bacon Toasts
Toast Oatcakes
Orange Marmalade
Tea or Coffee

High Tea

Prawns and Watercress
Brown Bread Walnut Bread (L)
Drop Scones London Buns
Victoria Sandwich
Cream Horns
Plums

Lunch or Supper

Grilled Meat Cakes
Potato Crisps Grilled Tomatoes
Orange Milk Jelly
Banana Custard³
Biscuits Radishes
Camembert Cheese

Dinner

Tomato Soup
Roast Beef Yorkshire Pudding
Roast Potatoes Mashed Turnips
Plum Summer Pudding⁴
Roes on Toast

NOTE: Add Cheddar Canapés⁵ to Saturday's Dinner and Dessert to Sunday's. Serve Summer Pudding with custard sauce or whipped cream. ¹*Baked Smelts*. — Mix 2 oz. flour with salt and pepper to taste. Clean and toss smelts in flour. Arrange in a shallow buttered fireproof dish. Melt 1 oz. butter and pour over. Bake in a moderate oven for 15 minutes. Serve with Tomato Sauce. ² p. 130; ³ p. 18; ⁴ p. 68; ⁵ p. 19.

AUGUST: FOURTH WEEK

MONDAY

Breakfast

Sliced Peaches
Fried Salmon Cakes
Brown Rolls Toast
Damson Cheese
Tea or Coffee

Lunch or Supper

Deville Spaghetti
Tomato and Onion Salad
Apple Betty
Custard Sauce
Toast Spring Onions
Convalli Cheese

High Tea

Scotch Eggs
Watercress Sandwiches
Cocoa Bread Chelsea Buns
Almond Rings¹ Gingerbread
Rice Biscuits
Greengages and Cream

Dinner

Lentil Purée
Boiled Salmon and Cucumber
Hollandaise Sauce
Cold Roast Beef Pickled Beetroot
Scalloped Potatoes
Cauliflower Cheese²
Fresh Fruit Salad

TUESDAY

Breakfast

Stewed Prunes
Grilled Kidneys and Tomatoes
Toast Oatcakes
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Curried Beef (L) Boiled Rice
Mango Chutney
Baked Custard
Stewed Blackberries
Biscuits Watercress
Gruyère Cheese

High Tea

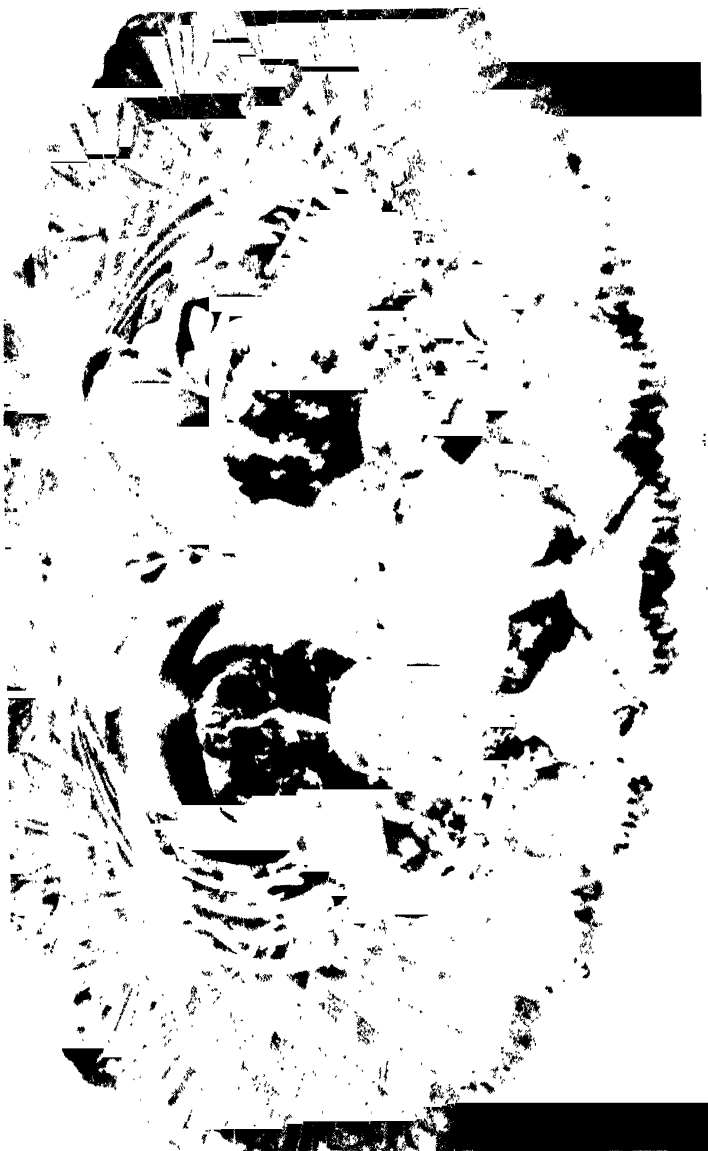
Grilled Herring
Oatcakes Lettuce Salad
Currant Buns Cocoa Bread (L)
Rock Cakes Date Kisses
Gingerbread (L)
Walnut Biscuits
Melon

Dinner

Hors d'Œuvres
Baked Stuffed Seabream
Braised Chops
Mashed Potatoes
Braised Onions
Vanilla Bavarois³

NOTE: ¹ *Almond Rings*.—Cream 1 oz. castor sugar and 2 oz. butter. Add 1 egg yolk and 2 oz. flour. Knead in 2 oz. flour sifted with $\frac{1}{2}$ teaspoon baking powder. Roll out. Cut into rings. Mix 1 oz. castor sugar with 2 oz. ground almonds, $\frac{1}{2}$ oz. ground rice, 2 drops almond essence and 1 egg white. Pipe a ring of mixture on each biscuit. Sprinkle with chopped almonds. Bake 25 minutes. When cold, fill centres with red currant jelly. ² p. 53; ³ p. 62.

COLD FIRST COURSE: EGGS TOPPED WITH SLICED OLIVES



AUGUST : FOURTH WEEK

WEDNESDAY

Breakfast

Grapefruit
Ham Omelet
Toast Rolls
Red Currant Jelly
Tea or Coffee

High Tea

Sardines on Toast
Tomatoes Spring Onions
White Bread Drop Scones
Coffee Buns Sultana Scones
Lemon Layer Cake
Chocolate Macaroons
Sliced Peaches

Lunch or Supper

Scotch Collops
Mashed Potatoes
Creamed Rice
Stewed Apples and Raisins
Oatcakes Radishes
Leicester Cheese

Dinner

Fruit Cocktail
Trout à la Meunière
Wiener Schnitzel
Fried Potatoes Green Peas
Baked Chocolate Pudding³
Whipped Cream

THURSDAY

Breakfast

Black Grapes
Boiled Eggs
Oatcakes Toast
Passion Fruit Marmalade
Tea or Coffee

High Tea

Sliced Ox Tongue
Potato and Cucumber Salad
Raisin Bread Treacle Scones⁴
Chelsea Buns Soda Cake
Shortbread Biscuits
Lemon Cheese Tartlets
Fresh Pears

Lunch or Supper

Fried Cod Steaks
Cucumber Salad Anchovy Salad
Vanilla Blancmange
Apricots and Cream
Biscuits Tomatoes
Cheddar Cheese

Dinner

Beetroot Soup
Fish Croquettes
Lancashire Hot Pot
Buttered Spinach
Strawberry Mousse¹
Shrimp and Mushroom Canapés²

NOTE: ¹*Strawberry Mousse*.—Chill 1 cup canned milk. Add 1 egg white. Beat till stiff. Beat in $\frac{1}{4}$ cup castor sugar, 1 cup drained canned strawberries and $\frac{1}{4}$ cup orange juice. Mould. Chill and turn out. ²*Shrimp and Mushroom Canapés*.—Fry $\frac{1}{4}$ lb. peeled sliced mushrooms in butter. Season to taste. Add 1 gill shrimps heat. Pile on 4 canapés of fried bread. ³ p. 2; ⁴ p. 153.

AUGUST: FOURTH WEEK

FRIDAY

Breakfast

Oranges
Fried Bacon and Corn Fritters¹
Toast Wheaten Rolls
Blackberry Jelly
Tea or Coffee

High Tea

Scalloped Crab
Cucumber Sandwiches
Raisin Bread (L) Girdle Scones
Cherry Buns Brandy Snaps
Raspberry Swiss Roll
Cream Slices
Pineapple

Lunch or Supper

Corned Beef Hash
Lettuce and Tomato Salad
Greengage Tart
Almond Custard Sauce
Toast Spring Onions
Gorgonzola Cheese

Dinner

Melon Cocktail
Fried Whitebait
Roast Grouse
Bread Sauce Fried Crumbs
Potato Straws Buttered Peas
Chocolate Cream Pie

SATURDAY

Breakfast

Stewed Plums
Grilled Sausage Cakes and
Tomatoes
Oatcakes Toast
Lemon Marmalade
Tea or Coffee

High Tea

Veal and Ham Pie
Mustard and Cress Sandwiches
Milk Bread Currant Scones
Coburg Cakes Jap Cakes²
Devil's Food Cake⁴
Rice Biscuits
Oranges

Lunch or Supper

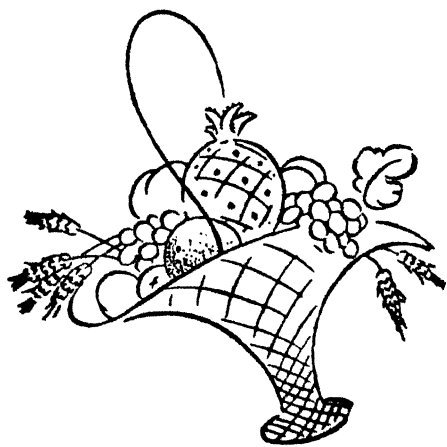
Scalloped Asparagus¹
Watercress
Pineapple Milk Jelly
Stewed Pears
Oatcakes Radishes
Dutch Cheese

Dinner

Mulligatawny Soup
Boiled Chicken
Parsley Sauce
Mashed Potatoes French Beans
Charlotte Russe
Roes on Toast

NOTE: Add Dessert to Friday's Dinner and Fried Fillets of Sole and Shrimp Sauce to Saturday's. ¹*Scalloped Asparagus*.—Sprinkle the bottom of a shallow buttered fireproof dish with $\frac{1}{2}$ gill breadcrumbs. Drain a can of asparagus tips. Cut tips into dice. Arrange in dish. Cover with $\frac{1}{2}$ pint well-seasoned white sauce. Sprinkle with $\frac{1}{2}$ gill breadcrumbs. Dab with 1 tablespoon butter. Bake in a moderate oven till brown. ² p. 78; ³ p. 130; ⁴ p. 69.

September



SEPTEMBER: FIRST WEEK

SUNDAY

Breakfast

Stewed Figs
Salmon Kedgerie
Toast Oatcakes
Ginger Marmalade
Tea or Coffee

High Tea

Rabbit Pie
Tomato and Onion Salad
Malt Bread Bath Buns
Genoa Cake Eccles Cakes
Walnut Butter Layer Cake
Ginger Nuts
Green Grapes

Lunch or Supper

Chicken Salad (L)
Devonshire Junket
Apple and Blackberry Compôte
Biscuits Celery
Wensleydale Cheese

Dinner

Cream of Mushrooms
Roast Loin of Pork
Apple Sauce
Roast Potatoes Braised Leeks
Fruit in Sponge Ring
Whipped Cream

MONDAY

Breakfast

Pineapple
Scrambled Eggs
Wheaten Rolls Toast
Grapefruit Marmalade
Tea or Coffee

High Tea

Tunny Fish Canapés
Tomato Sandwiches
Malt Bread (L) Bran Muffins
Oatmeal Biscuits
Chocolate Gems
Genoa Cake (L) Coffee Eclairs
Apricots and Cream

Lunch or Supper

Cold Roast Pork Apple Sauce
Potato and Celery Salad
Blackcap Pudding
Rolls Radishes
Gruyère Cheese

Dinner

Cream of Potato Soup
Stuffed Plaice¹ Caper Sauce
Haricot Mutton
Mashed Potatoes
Cream Caramel
Compôte of Pineapple

NOTE: ¹*Baked Stuffed Plaice*.—Behard 4 small plaice. Remove dark skin. Lift flesh from bones. Stuff cavities with *Roe Stuffing*.—Place 4 soft herring roes in a casserole. Cover with milk. Cover. Cook slowly for half an hour. Melt $\frac{1}{2}$ oz. butter. Add $\frac{1}{2}$ oz. flour, seasonings and roe milk. Stir till thick. Cool. Add roes. Bake fish, sprinkled lemon juice and melted butter for 20 minutes.

SEPTEMBER: FIRST WEEK

TUESDAY

Breakfast

Fried Chipolatas and Bananas
 Toast Oatcakes
 Lime Marmalade
 Tea or Coffee

High Tea

Pork Salad (L)
 Rye Bread Currant Scones
 Coconut Rock Cakes
 Flapjacks⁵
 Chocolate Cream Roll
 Ginger Wafers⁶
 Fresh Figs

Lunch or Supper

Russian Fish Pie³
 Lettuce and Cucumber Salad
 Pineapple Fritters (L)
 Toast Spring Onions
 Gorgonzola Cheese

Dinner

Hors d'Œuvres
 Lobster Newburg⁴
 Roast Stuffed Breast of Veal
 Roast Potatoes Carrots and Peas
 Orange Meringue Pie

WEDNESDAY

Breakfast

Sliced Peaches
 Bacon and Eggs
 Brown Rolls Toast
 Damson Jelly
 Tea or Coffee

High Tea

Mayonnaise of Crab¹
 Tomato Sandwiches
 Rye Bread (L) Girdle Scones
 Swiss Buns Cherry Cake
 Maids of Honour
 Chocolate Eclairs
 Fruit Salad

Lunch or Supper

Cold Veal Apple Chutney
 Russian Salad
 Breaded Tomatoes⁷
 Apricot Rice²
 Biscuits Radishes
 Convalli Cheese

Dinner

Cream of Celery
 Fried Hake
 Maître d'Hôtel Butter
 Jugged Hare
 Mashed Potatoes Buttered Beans
 Blackberries and Cream

NOTE: ¹*Mayonnaise*.—Mix 1½ lb. flaked crab with 3 tablespoons French dressing. Pile into a salad bowl lined with lettuce leaves. Spread with 1½ gills mayonnaise.
²*Apricot Rice*.—Place 2 cups canned apricots in a buttered pie-dish. Cover with 2 cups cooked rice. Beat 2 eggs. Add 1 cup brown sugar. Scald 2 cups milk and stir in egg mixture. Pour over rice. Bake in a moderate oven. ³ p. 79;
⁴ p. 34; ⁵ p. 129; ⁶ p. 99; ⁷ p. 25.

SEPTEMBER: FIRST WEEK

THURSDAY

Breakfast

Grapefruit
Creamed Finnan Haddock
Toast Oatcakes
Honey
Tea or Coffee

High Tea

Macaroni and Ham Pie¹
Spring Onions
Walnut Bread Currant Scones
Coffee Buns Tea Cakes
Lemon Cheese Sandwich
Rice Biscuits
Stewed Plums

Lunch or Supper

Brawn
Lettuce and Cucumber Salad
Chesham Tart²
Toast Celery
Carraway Cheese⁴

Dinner

Hare Soup (L)
Sole Florentine⁵
Roast Lamb Mint Sauce
Creamed Spinach
Roast Potatoes
Strawberry Cream³

FRIDAY

Breakfast

Apples
Grilled Kidneys and Tomatoes
Potato Cakes Toast
Tangerine Marmalade
Tea or Coffee

High Tea

Welsh Rarebit
Mustard and Cress Sandwiches
Clova Scones Walnut Bread
Bath Buns Madeleines
Doughnuts
Lawn Tennis Layer Cake⁶
Melon

Lunch or Supper

Jellied Lamb
Cole Slaw⁶
Tomato Sauce
Plum Tart and Cream
Biscuits Watercress
Cheddar Cheese

Dinner

Fruit Cocktail
Grilled Herrings Mustard Sauce
Guinea Fowl, Voisin⁷
Steamed Potatoes French Beans
Baked Chocolate Pudding⁸

NOTE: ¹Pie.—Place 6 oz. boiled macaroni in a buttered pie-dish, then 3 oz. minced boiled ham and 2 beaten eggs mixed with 1 cup seasoned milk and 1 oz. melted butter. Sprinkle with 3 oz. grated cheese. Bake half an hour. ²Cream.—Dissolve $\frac{1}{4}$ oz. gelatine in $\frac{1}{4}$ cup cold water. Beat $\frac{1}{4}$ pint cream and 1 cup milk till stiff. Stir in 1 cup sieved strawberry jam and dissolved gelatine. Mould when thick. ³ p. 40; ⁴ p. 21; ⁵ p. 61; ⁶ p. 44; ⁷ p. 84; ⁸ p. 2.

SEPTEMBER : SECOND WEEK

SATURDAY

Breakfast

Greengages
Steamed Eggs Bacon Toasts
Toast Rolls
Gooseberry Jelly
Tea or Coffee

High Tea

Fish Pie
Cocoa Bread Bakestones¹
Jap Cakes⁴ Coburg Cakes
Lawn Tennis Layer Cake (L)
Chocolate Biscuits
Compôte of Peaches

Lunch or Supper

Fried Plaice and Chips
Banana Pudding¹
Almond Custard Sauce
Oatcakes Spring Onions
Camembert Cheese

Dinner

Vegetable Broth
Trout à la Meunière
Roast Duck Apple Sauce
Roast Potatoes Orange Salad²
Victoria Plum Flan

SUNDAY

Breakfast

Spanish Melon
Grilled Kippers
Oatcakes Toast
Lemon Cheese
Tea or Coffee

High Tea

Grilled Chipolatas
Mustard and Cress Sandwiches
Cocoa Bread (L) Currant Buns
Shortbread Meringues
Cherry Cake Petits Fours
Oranges

Lunch or Supper

Pork Pie
Mixed Vegetable Salad
Peach Betty
Biscuits Celery
Gorgonzola Cheese

Dinner

Cream of Corn
Roast Sirloin of Beef
Roast Potatoes Runner Beans
Topsy Squire³
Angels-on-Horseback

NOTE: Add Welsh Rarebit to Saturday's Dinner and Dessert to Sunday's, if liked. ¹*Banana Pudding*.—Mix 4 chopped bananas with 6 oz. castor sugar, 2 beaten eggs, 6 oz. breadcrumbs, 1 pint milk, grated rind 1 lemon and strained juice $\frac{1}{2}$ lemon, and pinch of ground cinnamon, and grated nutmeg. Steam in a buttered basin covered with buttered paper for 2 hours. Serve masked with lemon custard sauce. ² p. 45; ³ p. 88; ⁴ p. 130; ⁵ p. 39.

SEPTEMBER: SECOND WEEK

MONDAY

Breakfast

Stewed Prunes
Ham Omelet
Toast Rolls
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Salmon Loaf³
Parsley Sauce Mashed Potatoes
Apple Pancakes³
Toast Spring Onions
Leicester Cheese

High Tea

Brawn
Tomatoes Devilled Eggs
Fruit Bread Chelsea Buns
Flapjacks⁴ Eclairs
Cherry Cake (L) Rice Biscuits
Pineapple

Dinner

Canteloup Cocktail
Duck Risotto (L)
Cold Roast Beef
Date Chutney Russian Salad
Scalloped Potatoes
Chocolate Bavarois¹

TUESDAY

Breakfast

Orange Juice
Fried Fish Cakes
Rolls Toast
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Beef Croquettes (L)
Tomato and Onion Salad
Queen of Puddings
Biscuits Radishes
Camembert Cheese

High Tea

Liver and Bacon
Fruit Bread (L) Oatcakes
Treacle Scones⁵ Sultana Scones
Strawberry Swiss Roll
Shortbread Biscuits
Bananas and Mandarins

Dinner

Cream of Potatoes
Fried Smelts and Lemon
Roast Partridges
Bread Sauce Fried Crumbs
Potato Straws Buttered Peas
Greengate Tart

NOTE: Add Sardines on Toast to Monday's Dinner and Tunny Fish Canapés to Tuesday's. ¹*Chocolate Bavarois*.—Stir 1 pint hot milk into 2 beaten egg yolks. Add $\frac{1}{2}$ lb. grated chocolate. Bring to boil. Cool, stirring occasionally. Beat 2 egg yolks with 2 oz. castor sugar. Stir into chocolate mixture. Fold in 4 stiffly-frothed egg whites and $\frac{1}{2}$ oz. gelatine dissolved in a little water. Mould. Serve turned out, garnished with whipped cream. ³ p. 107; ⁴ p. 55; ⁵ p. 129; ⁶ p. 153.

SEPTEMBER: SECOND WEEK

WEDNESDAY

Breakfast

Stewed Figs
 Bacon Fried Bread Tomatoes
 Toast Oatcakes
 Heather Honey
 Tea or Coffee

High Tea

Macedoine of Bream³
 Lettuce and Tomato Salad
 White Bread Drop Scones
 Bran Muffins Rock Cakes
 Orange Gingerbread
 Cream Horns
 Fruit Salad

Lunch or Supper

Bobitee¹
 Buttered Steamed Marrow
 Black Currant Jelly
 Whipped Cream
 Oatcakes Celery
 Roquefort Cheese

Dinner

Fruit Cocktail
 Grilled Mutton Chops
 Sauté Potatoes Fried Aubergine²
 Cheese Soufflé
 Chocolate Ice Cream
 Petits Fours

THURSDAY

Breakfast

Pineapple Slices
 Curried Prawns Boiled Rice
 Wheaten Rolls Toast
 Passion Fruit Marmalade
 Tea or Coffee

High Tea

Sliced Ox Tongue
 Lettuce and Tomatoes
 Brown Bread Soda Scones
 Devil's Food Cake⁶
 Dough Cake Coffee Macaroons
 Compôte of Apricots

Lunch or Supper

Fish Pie⁴
 Cucumber Salad
 Honeycomb Mould⁵
 Steamed Greengages
 Biscuits Spring Onions
 Convalli Cheese

Dinner

Hors d'Euvres
 Boiled Salmon and Cucumber
 Stewed Beef Olives
 Mashed Potatoes Glazed Carrots
 Pineapple Charlotte (L)

NOTE: ¹*Bobitee*.—Melt 1 tablespoon butter in a saucepan. Add 1 tablespoon chopped onion. Fry till clear. Add 1 lb. minced steak. Brown for 5 minutes. Stir in 1 cup breadcrumbs and 2 teaspoons curry powder. Beat 2 eggs. Stir in $\frac{1}{2}$ pint milk, 1 lump sugar, salt and pepper to taste. Mix with other ingredients. Pour into a buttered pie-dish. Bake till brown. Serve with chutney and boiled rice. ² p. 88; ³ p. 105; ⁴ p. 79; ⁵ p. 12; ⁶ p. 69.

SEPTEMBER: SECOND WEEK

FRIDAY

Breakfast

Green Grapes
Egg and Pimento Scramble²
Toast Oatcakes
Damson Cheese
Tea or Coffee

High Tea

Salmon Mayonnaise (L)
Cucumber Salad
Corn Bread Kelso Scones
Orange Gems Ginger Drops
Pistachio Macaroons
Coffee Layer Cake
Dessert

Lunch or Supper

Fried Rabbit
Fried Potatoes French Beans
Baked Apples
Vanilla Custard Sauce
Toast Watercress
Sour Milk Cheese

Dinner

Clear Soup Espagnol
Baked Stuffed Cod Steaks
Boiled Silverside
Boiled Potatoes Mixed Vegetables
Cherry Flan

SATURDAY

Breakfast

Fresh Pears
Fried Roes and Bacon
Brown Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Spanish Omelet
Watercress
Brown Bread Corn Bread (L)
Date Muffins Caramel Rolls
Nut Chocolate Cake
Greengages

Lunch or Supper

Cold Silverside Date Chutney
French Bean Salad¹ (L)
Butterscotch Pudding³
Biscuits Celery
Dutch Cheese

Dinner

Rabbit Broth (L)
Fried Rainbow Trout
Maitre d'Hôtel Butter
Casserole of Liver
Steamed Potatoes Green Peas
Wine Jelly

NOTE: Add Dessert to Friday's Dinner and Mushrooms on Toast to Saturday's. Serve Wine Jelly with whipped cream. ¹ *French Bean Salad*.—Mix 1 lb. cooked French beans with 2 tablespoons bacon fat mixed to a cream with 2 tablespoons vinegar, salt and pepper to taste, 2 tablespoons chopped spring onion, and 1 gill liquor from boiled beans. Add paprika and a dash of castor sugar to taste.

² p. 53; ³ p. 20.

SEPTEMBER: THIRD WEEK

SUNDAY

Breakfast

Grapefruit
Fried Herrings
Toast Oatcakes
Ginger Marmalade
Tea or Coffee

High Tea

Macaroni with Shrimps
Orange Bread Drop Scones
Palace Biscuits Seed Cake
Balmoral Cheese Cakes
Meringues
Compôte of Apricots

Lunch or Supper

Hamburg Steaks
Mashed Potatoes Fried Onions
Baked Pears
Whipped Cream
Oatcakes Radishes
Gorgonzola Cheese

Dinner

Melon Ginger Marmalade
Scalloped Crab
Roast Loin of Pork
Roast Potatoes Stewed Cabbage²
Gooseberry Tart

MONDAY

Breakfast

Apples
Steamed Eggs Bacon Toasts
Waffles and Maple Syrup
Tea or Coffee

Tea

Welsh Rarebit
Tomato Sandwiches
Nut and Raisin Bread
Clova Scones
Chelsea Buns Brandy Snaps
Pineapple Layer Cake
Rice Biscuits
Banana & Strawberry Compôte³

Lunch or Supper

Ham and Tongue
Baked Stuffed Potatoes⁴
Stewed Blackberries and Apples
Custard Sauce
Biscuits Spring Onions
Cheddar Cheese

Dinner

Mock Turtle Soup
Cold Pork Apple Chutney
Scalloped Potatoes
Mashed Turnip
Apple Mousse⁴
Stuffed Tomatoes¹

NOTE: Add Cheese Straws to Sunday's Dinner and Salmon Croquettes and Tomato Sauce to Monday's, if liked. Make Gooseberry Tart with bottled or canned gooseberries and serve Ham and Tongue garnished, sliced, peeled tomatoes and devilled eggs. ¹Stuffed Tomatoes.—Use the tomato pulp mixed with a few crumbs, minced onion and parsley, seasoning to taste and an egg yolk. Dab with butter. Bake till crisp on top. ² p. 28; ³ p. 19; ⁴ p. 103; ⁵ p. 25.

SEPTEMBER: THIRD WEEK

TUESDAY

Breakfast

Pineapple
Finnan Kedgerree
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Stuffed Vegetable Marrow
Fig Pudding
Almond Custard Sauce
Toast Watercress
Stilton Cheese

High Tea

Scallops of Hake
Cucumber Sandwiches
Sally Lunn Bath Buns
Queen Gems Flapjacks²
Dundee Cake³
Fruit Salad

Dinner

Onion Soup¹
Baked Red Mullet
Roast Wild Duck
Potato Straws Orange Salad⁴
Greengage Fool
Mushrooms on Toast

WEDNESDAY

Breakfast

Grilled Gammon Fried Bananas
Brown Rolls Toast
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Fried Plaice and Chips
Lettuce and Tomato Salad
Ground Rice Mould
Strawberry Syrup
Biscuits Radishes
Carraway Cheese⁵

High Tea

Grilled Kidneys and Mushrooms
Tomato Sandwiches
Brown Soda Bread
Raisin Scones
Royal Drops Chelsea Rock Cakes
Walnut Gingerbread
Custard Cream Biscuits
Pears

Dinner

Hors d'Œuvres
Braised Turbot
Grilled Lamb Chops
Fried Pineapple Rings (L)
Sauté Potatoes French Beans
Lemon Meringue Pie

NOTE: ¹ *Onion Soup*.—Peel and slice 1 lb. onions. Fry slowly in 3 tablespoons melted butter till tender and pale brown, stirring constantly. Add 1 quart beef stock. Boil for 2 or 3 minutes. Season. Toast 4 slices of bread. Remove crusts. Cut toast into cubes. Place in the bottom of a hot tureen. Cover with 3 tablespoons grated cheese. Pour in hot soup. Serve with grated cheese.

¹ p. 129; ² p. 88; ³ p. 21.

SEPTEMBER: THIRD WEEK

THURSDAY

Breakfast

Stewed Figs
Savoury Omelet
Toast Rolls
Orange Marmalade
Tea or Coffee

Lunch or Supper

Toad-in-the-Hole
Hawaiian Cabbage Salad¹
Cream Dressing²
Banana Pudding³
Oatcakes Tomatoes
Cheshire Cheese

High Tea

Potted Shrimps
Watercress Sandwiches
Brown Soda Bread
Sultana Buns Jap Cakes⁴
Walnut Gingerbread (L)
Coffee Macaroons
Mandarin Fingers

Dinner

Oxtail Soup
Fried Whitebait
Roast Grouse
Fried Crumbs Bread Sauce
Potato Crisps Endive Salad
Fruit Salad and Cream
Cheddar Canapés⁵

FRIDAY

Breakfast

Black Grapes
Fried Salmon Cakes
Oatcakes Toast
Passion Fruit Marmalade
Tea or Coffee

Lunch or Supper

Stuffed Eggs
Lettuce and Beetroot Salad
Vanilla Ice Cream⁶
Strawberry Syrup
Biscuits Radishes
Gruyère Cheese

High Tea

Sardines au Gratin
Mustard and Cress Sandwiches
Drop Scones Orange Bread
Currant Buns Eccles Cakes
German Pound Cake
Eclairs
Melon

Dinner

Cream of Green Peas
Grilled Rump Steak
Fried Onions
Grilled Tomatoes Potato Chips
Blackberry Flan
Welsh Rarebit

NOTE: ¹*Hawaiian Cabbage Salad*.—Mix 1 cup shredded cabbage heart with $\frac{1}{2}$ cup raw carrot, 1 heaped cup diced canned pineapple, and following dressing: ²*Cream Dressing*.—Stir $\frac{1}{2}$ cup sugar with $\frac{1}{4}$ teaspoon cornflour, $\frac{1}{4}$ teaspoon mustard, pinch of salt, $\frac{1}{2}$ cup vinegar and 1 lightly-beaten egg over hot water till mixture coats spoon. Fold in 1 cup whipped cream. ³ p. 116; ⁴ p. 130; ⁵ p. 19; ⁶ p. 72.

SEPTEMBER: FOURTH WEEK

SATURDAY

Breakfast

Oranges
Scrambled Eggs
Toast Wheaten Rolls
Red Currant Jelly
Tea or Coffee

High Tea

Fried Fish and Chips
Lettuce Salad
Orange Bread (L) Bath Buns
Coburg Cakes Cream Slices
German Pound Cake (L)
Chocolate Biscuits
Plums and Cobnuts

Lunch or Supper

Grilled Herrings Mustard Sauce
Fried Potatoes
Baked Semolina Pudding
Steamed Plums
Toast Tomatoes
Convalli Cheese

Dinner

Clear Vegetable Soup
Baked Haddock
Casserole of Tripe¹
Mashed Potatoes
Coffee Ice Cream

SUNDAY

Breakfast

Green Grapes
Fried Kippers
Oatcakes Toast
Lime Marmalade
Tea or Coffee

High Tea

Melton Mowbray Pie
Tomato Salad
Cocoa Bread Crumpets
Brownies⁴ Flapjacks⁵
Victoria Sandwich Mocha Filling
Shortbread Biscuits
Fresh Pears

Lunch or Supper

Baked Potatoes Stuffed with
Finnan Haddock
Asparagus Salad
Swiss Apple Pudding²
Biscuits Watercress
Gorgonzola Cheese

Dinner

Cream of Potato Soup
Roast Chicken
Bread Sauce Braised Celery
Meringues and Pineapple
Liver Sausage Canapés³

NOTE: Add Croûtes of Anchovy to Saturday's Dinner and Scalloped Tunny Fish to Sunday's, if liked. If weather is hot, substitute Creamed Rice for the Semolina Pudding at Saturday's Lunch, and start Dinner on Sunday with half Grapefruit garnished with a mint sprig. Creamed flaked Finnan Haddock and Mashed Potatoes can also be substituted for Baked Potatoes with Finnan Stuffing if you don't wish to use oven. ¹ p. 17; ² p. 31; ³ p. 129; ⁴ p. 166; ⁵ p. 38.

SEPTEMBER: FOURTH WEEK

MONDAY

Breakfast

Stewed Prunes
Bacon, Fried Bread, Tomatoes
Wheaten Rolls Toast
Tangerine Marmalade
Tea or Coffee

Lunch or Supper

Chicken Curry (L)
Flummery
Stewed Blackberries
Rolls Celery
Brie Cheese

High Tea

Chicken Liver Rolls² (L)
Tomato Sandwiches
Cocoa Bread (L) Teacakes
Devonshire Splits
Marble Gems Demerara Cake
Almond Shortbread
Dates and Oranges

Dinner

Chicken Broth (L)
Fried Oysters Tomato Sauce
Braised Ox Tongue³
Creamed Diced Potatoes
Scalloped Spinach⁴
Coupe Jeanne

TUESDAY

Breakfast

Orange and Lemon Juice
Scotch Scrapple¹
Toast Oatcakes
Honey
Tea or Coffee

Lunch or Supper

Tomato Juice Cocktail⁵
Ham à la King⁶
Greengage Milk Jelly
Toast Radishes
Sour Milk Cheese

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Dinner

Spinach and Tongue Salad (L)
Bloater Cream Rolls
Currant Buns
Madeleines Queen Cakes
Apple Sauce Cake
Brandy Snaps
Dessert

Hors

Grilled Flounders Sauce Tartare
Roast Goose Apple Sauce
Stewed Red Cabbage⁷
Roast Potatoes
Fruit Trifle

NOTE: ¹Scotch Scrapple. — Trim and soak 1 large Finnan haddock in 1 cup milk for 1 hour. Heat slowly in the milk. Remove rind from 6 rashers of bacon. Cut each into 8 strips crosswise. Fry. Stir in 2 tablespoons flour and milk, from fish. Stir till boiling. Add flaked fish, 3 boiled potatoes and black pepper to taste. Pile in a hot deep dish. ² p. 3; ³ p. 54; ⁴ p. 85; ⁵ p. 22; ⁶ p. 81; ⁷ p. 28.

SEPTEMBER: FOURTH WEEK

WEDNESDAY

Breakfast

Grapefruit
Scrambled Eggs
Rolls Toast
Damson Cheese
Tea or Coffee

Lunch or Supper

Devilleed Goose Legs (L)
Grilled Tomatoes
Lyonnaise Potatoes³
Chocolate Blancmange
Sliced Bananas
Biscuits Celery
Gervais Cheese

High Tea

Stuffed Vegetable Marrow
Mustard and Cress Rolls
Milk Bread Sultana Scones
Chelsea Buns Doughnuts
Cherry and Ginger Cake
Nectarines

Dinner

Hare Soup Force meat Balls
Fried Fillets of Haddock
Veal Marengo³
Steamed Potatoes French Beans
Apricot Jam Omelet

THURSDAY

Breakfast

Fresh Figs
Grilled Kidneys and Bacon
Toast Oatcakes
Bramble Jelly
Tea or Coffee

Lunch or Supper

Spanish Meat Loaf¹ (L)
Stuffed Baked Apples⁴
Almond Custard Sauce
Rolls Spring Onions
Leicester Cheese

High Tea

Rabbit Galantine
Beetroot and Onion Salad
Milk Bread (L) Wheaten Scones
Coffee Buns Macaroons
Cherry and Ginger Cake (L)
Chocolate Eclairs
Black Grapes

Dinner

Giblet Soup (L)
Grilled Steak and Onions
Potato Crisps Corn Pudding⁴
Compôte of Pears
Cauliflower Cheese⁶

NOTE: Add Dessert to Wednesday's Dinner and Sole au Gratin to Thursday's, if liked. ¹*Meat Loaf*.—Mince 2 rashers bacon and 2 cups cooked goose. Mix with 1 cup stale breadcrumbs soaked in 1 cup milk. Add 1 teaspoon crushed herbs and seasonings. Turn into a buttered loaf tin. Cover with 1½ cups cooked rice and 1½ cups sieved, stewed tomatoes. Dab with butter. Bake for half an hour in a moderate oven. ³ p. 42; ⁴ p. 82; ⁵ p. 14; ⁶ p. 53.

SEPTEMBER: FOURTH WEEK

FRIDAY

Breakfast

Sliced Peaches
Mushroom Omelet
Toast Potato Pancakes¹
Heather Honey
Tea or Coffee

High Tea

Hare Paste (L)
Watercress Sandwiches
Rye Bread Crumpets
Cream Buns Jam Puffs
Devil's Food Cake²
Frangipane Eclairs
Dessert

Lunch or Supper

Scotch Haggis
Mashed Potatoes
Stewed Cabbage³
Devonshire Junket
Stewed Pears
Toast Tomatoes
Convalli Cheese

Dinner

Cantaloup Melon
Ginger Marmalade
Boiled Salmon and Cucumber
Grilled Lamb Chops
Buttered Marrow Sauté Potatoes
Cream Caramel

SATURDAY

Breakfast

Green Grapes
Curried Prawns Boiled Rice
Oatcakes Toast
Lemon Marmalade
Tea or Coffee

High Tea

Salmon Scallops (L)
Mustard and Cress Sandwiches
Rye Bread (L) Bran Muffins
Currant Buns Petrushkas⁴
Nut Gingerbread with Rum Icing
Coconut Biscuits
Pineapple

Lunch or Supper

Ham and Tongue
Lettuce and Onion Salad
Corn-on-the-Cob
Blackberry and Apple Tart
Biscuits Spring Onions
Gruyère Cheese

Dinner

Clear Soup
Steak and Kidney Pudding
Mashed Potatoes
Spinach Purée
Compôte of Oranges
Welsh Rarebit

NOTE: Add Dessert to Friday's Dinner and also to Saturday's, if liked, or serve Baked Whiting as a second course on Saturday. Offer either Hollandaise or Tartare Sauce with the Boiled Salmon and Custard Sauce or whipped cream with the Apple Betty. Use seedless oranges for the compôte. Make the Welsh Rarebit with Double Gloucester or Cheshire cheese. Make Cream of Barley with stock from a knuckle of veal. ¹ p. 6; ² p. 28; ³ p. 69; ⁴ p. 29.

October



OCTOBER: FIRST WEEK

SUNDAY

Breakfast

Pineapple (L)
Fried Sausages and Potatoes (L)
Toast Crumpets
Grapefruit Marmalade
Tea or Coffee

High Tea

Mushrooms and Bacon Toasts
Walnut Bread London Buns
Eccles Cakes Brownies³
Nut Gingerbread (L)
Blackberry Tartlets
Stuffed Dates

Lunch or Supper

Cream of Celery Soup
Stewed Knuckle of Veal
Apricot Betty
Oatcakes Radishes
Stilton Cheese

Dinner

Tomato Juice Cocktail²
Oysters au Gratin
Roast Leg of Lamb
Mint Sauce
Roast Potatoes Buttered Sprouts
Butterscotch Tartlets¹

MONDAY

Breakfast

Honeydew Melon
Grilled Kippers
Brown Rolls Toast
Lemon Curd
Tea or Coffee

High Tea

Beef Galantine
Devilled Eggs
Walnut Bread (L) Oven Scones
Coffee Cake Petits Fours
Strawberry Swiss Roll
Meringues
Figs and Pears

Lunch or Supper

Veal and Rice Custards
Endive Salad
Lemon Sponge
Stewed Dried Apricots
Biscuits Celery
Gorgonzola Cheese

Dinner

Minestrone Soup
Cold Lamb Apricot Chutney
Creamed Potatoes
Corn on the Cob
Pineapple Charlotte
Kipper Toasts⁴

NOTE: ¹*Butterscotch Tartlets*.—Melt 1½ tablespoons butter in top of a double boiler. Add 3 tablespoons flour. When frothy, gradually add 1 pint milk. Cook till smooth. Melt a walnut of butter. Add 1 cup brown sugar. Cook to a rich caramel. Add to white sauce. When blended, remove. Add 1 teaspoon vanilla and 2 egg yolks slightly beaten. Chill. Pile into baked pastry cases. Garnish whipped cream. ² p. 22; ³ p. 166; ⁴ p. 103.

OCTOBER: FIRST WEEK

TUESDAY

Breakfast

Sliced Peaches
Steamed Eggs Bacon Toast
Toast Oatcakes
Ginger Marmalade
Tea or Coffee

High Tea

Pork Pie
Tomatoes Watercress
Milk Loaf Krapfen³
Bath Buns Crumpets
Orange Gingerbread
Rice Biscuits
Green Grapes

Lunch or Supper

Grilled Herrings Mustard Sauce
Fried Potatoes
Baked Custard
Pineapple (L)
Toast Tomatoes
Dutch Cheese

Dinner

Cream of Beetroot
Fried Smelts and Lemon
Roast Plovers Melted Butter
Potato Straws
Watercress Salad
Morello Cherry Tart

WEDNESDAY

Breakfast

Oranges
Grilled Kidneys and Tomatoes
Brown Rolls Toast
Gooseberry Jelly
Tea or Coffee

High Tea

Smoked Sausage
Toast Tomatoes
Krapfen³ (L) Swiss Buns
Coburg Cakes Queen Drops
Orange Gingerbread (L)
Cream Horns
Plums

Lunch or Supper

Steak and Kidney Pie
Endive and Lettuce Salad
Banana Surprise¹ (L)
Biscuits Celery
Cheshire Cheese

Dinner

Oyster Cocktail
Mushroom Omelet
Grilled Pork Chops
Stewed Cabbage⁴
Lyonnaise Potatoes⁵
Ritz Fool⁶

NOTE: ¹*Banana Surprise*.—Peel and halve 4 bananas lengthwise. Place in a shallow buttered fireproof dish. Sprinkle with $\frac{1}{2}$ tablespoon lemon juice, $1\frac{1}{2}$ tablespoons castor sugar, $\frac{1}{2}$ cup stewed cherries. Dab with 2 tablespoons butter. Cover and bake. ³*Ritz Fool*.—Place a tablespoon diced pineapple in each of 4 sundæ glasses. Cover with equal quantity sieved canned apricots and whipped cream. Top grated chocolate. ⁴ p. 159; ⁵ p. 28; ⁶ p. 42.

OCTOBER: FIRST WEEK

THURSDAY

Breakfast

Stewed Prunes
Salmon Kedgeree
Toast Rusks
Bramble Jelly
Tea or Coffee

Lunch or Supper

Irish Stew
Buttered Sprouts
Jellied Mandarin Fingers
Toast Watercress
Sour Milk Cheese

High Tea

Stuffed Eggs Fried Bread
Mustard and Cress Sandwiches
Crumpets Raisin Bread
Iced Cakes Brownies¹
Fruit Cake
Fresh Pears

Dinner

Tomato and Bean Purée
Brill with Mustard Butter
Roast Partridges
Bread Sauce Potato Straws
Buttered Green Peas
Chocolate Soufflé

FRIDAY

Breakfast

Grapefruit
Scrambled Eggs
Oatcakes Brown Rolls
Tangerine Marmalade
Tea or Coffee

Lunch or Supper

Hamburg Loaf
Mashed Potatoes Mashed Swedes
Stewed Apples
Vanilla Custard Sauce
Biscuits Tomatoes
Brie Cheese

High Tea

Spanish Shrimps
Watercress Sandwiches
Raisin Bread (L) Bakestones²
Queen Gems Flapjacks¹
Lemon Cheese Layer Cake
Coffee Eclairs
Sliced Peaches

Dinner

Vegetable Broth
Wiener Schnitzel
Creamed Spinach
Fried Potatoes
Norwegian Cream⁴
Roes on Toast

NOTE: Add Dessert to Thursday's Dinner and Prawns and Mushrooms Newburg to Friday's, if liked. ¹ *Flapjacks*.—Cream 4 oz. butter with 1 oz. sugar. Stir in 2 tablespoons syrup, $\frac{1}{2}$ teaspoon salt and 8 oz. rolled oats. Mix well and spread evenly in a greased baking-tin. Bake in a moderate oven from 30 to 40 minutes till golden. Cut in equal-sized strips. Cool in tin. ² p. 166; ³ p. 45; ⁴ p. 55.

OCTOBER: SECOND WEEK

SATURDAY

Breakfast

Stewed Figs
Grilled Tomato Sausages
Toast Oatcakes
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Baked Stuffed Mackerel
Potato Chips Cucumber Salad
Cherry Betty
Oatcakes Celery
Gorgonzola Cheese

High Tea

Shrimp Sandwiches (L)
Ham and Cress Rolls
Cocoa Bread Currant Buns
Flannel Cakes Jap Cakes¹
Swiss Roll Angel Filling
Shrewsbury Biscuits
Oranges

Dinner

Grapefruit
Steamed Whiting
Anchovy Sauce
Grilled Steak
Fried Potatoes
Stewed Mushrooms
Lemon Meringue Pie

SUNDAY

Breakfast

Orange Juice
Fried Bacon Corn Fritters²
Brown Rolls Toast
Honey
Tea or Coffee

Lunch or Supper

Sardine Omelet
Tomato and Onion Salad
Honeycomb Mould³
Compôte of Apricots
Biscuits Radishes
Convalli Cheese

High Tea

Hot Ham Loaf⁵ (L)
Watercress Sandwiches
Cocoa Bread (L) Drop Scones
Florentines⁴ Date Kisses
Gingerbread Rum Icing
Tutti Frutti Shortbread
Fruit Salad

Dinner

Clear Vegetable Soup
Scalloped Oysters
Roast Sirloin of Beef
Roast Potatoes
Mashed Marrow
Tea Soufflé

NOTE: ¹ *Jap Cakes*.—Beat 3 egg whites till stiff. Stir in 6 oz. sugar and 6 oz. ground almonds. Spread evenly on a baking-sheet, lined with paper. Bake in moderate oven till almost cooked. Cut into 1½-inch rounds. Return to oven till brown and crisp. Remove rounds, but leave trimmings to bake till rich brown. Sandwich rounds, when cold, with coffee butter icing and coat top and sides lightly. Dip in sieved trimmings. ² p. 78; ³ p. 12; ⁴ p. 30; ⁵ p. 22.

OCTOBER : SECOND WEEK

MONDAY

Breakfast

Grapefruit
Sausage Croquettes
Toast Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Curried Eggs Boiled Rice
Endive Salad Tomato Chutney
Banana and Strawberry Compôte¹
Toast Celery
Camembert Cheese

High Tea

Stuffed Mushroom Toasts¹
Buttered Soda Bread
Welsh Pikelets
Rock Cakes
Chocolate Drops Meringues
Gingerbread (L)
Melon

Dinner

Brown Soup
Scalloped Tunny Fish
Cold Roast Beef
Pickled Beetroot
Scalloped Tomatoes
Stuffed Baked Potatoes²
Apricot Fritters

TUESDAY

Breakfast

Apricots (L)
Creamed Finnan Haddock
Rolls Toast
Damson Cheese
Tea or Coffee

Lunch or Supper

Beef Terrapin⁴ (L)
Mashed Potatoes
Blackcap Pudding
Biscuits Watercress
Leicester Cheese

High Tea

Boar's Head
Mixed Vegetable Salad
Malt Bread Currant Buns
Sponge Cake
Pineapple Layer Cake
Chocolate Wafers⁵
Golden Plums

Dinner

Melon Cocktail
Stuffed Baked Sea Bream
Boiled Mutton Caper Sauce
Boiled Potatoes
Buttered Cabbage
Coffee Rice Mould

NOTE: ¹ *Mushroom Toasts*.—Wipe, peel and stem 4 large mushrooms. Remove part of insides. Mince with small sprig parsley and 1 shallot. Fry gently in $\frac{1}{2}$ oz. butter for 5 minutes. Moisten 1 tablespoon breadcrumbs with hot milk. Squeeze. Stir into mixture. Add a beaten egg yolk. Stir over slow heat until thick. Season. Stuff mushrooms. Dab with butter. Bake for 5 minutes.

² p. 25; ³ p. 19; ⁴ p. 5; ⁵ p. 102.

OCTOBER : SECOND WEEK

WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Cold Mutton Mint Jelly
Fried Bacon and Eggs	Stoved Potatoes ¹
Toast Oatcakes	Buttered Beetroot
Ginger Marmalade	Devonshire Junket
Tea or Coffee	Stewed Figs
	Oatcakes Tomatoes
	Wensleydale Cheese
<i>High Tea</i>	<i>Dinner</i>
Pork Pie	Fish Cocktail
Hawaian Cabbage Salad ²	Casserole of Tripe ³
Malt Bread (L) Chelsea Buns	Mashed Potatoes
Doughnuts Brandy Snaps	Creamed Artichokes
German Pound Cake	Sir Walter Raleigh Pudding ⁴
Chocolate Eclairs	Welsh Rarebit
Black Grapes	

THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Apples	Baked Rabbit Oatmeal Stuffing
Mushroom Omelet	Scalloped Potatoes and Spinach
Brown Rolls Toast	Pineapple Sponge
Tea or Coffee	Carraway Cheese ⁵
<i>High Tea</i>	<i>Dinner</i>
Toad-in-the-Hole (L)	Cock-a-Leekie
Rice Bread Girdle Cakes	Sole Mornay ⁶
Bath Buns	Roast Teal
Orange Cheese Cakes	Orange Salad ⁷ Madeira Gravy
German Pound Cake (L)	Potato Straws
Ginger Nuts	Trifle
Fresh Figs	

NOTE: Add Fried Smelts to Wednesday's Dinner and Ham Canapés to Thursday's, if liked. Make "Toad" with remainder of mutton. ¹*Stoved Potatoes*.—Boil mutton, fat, scraps and bones in water to cover for 2 hours. Add 8 to 12 peeled, sliced potatoes, 2 or 3 sliced, peeled medium onions, and plenty of salt and pepper to taste. Cover. Simmer for 1 hour. Serve and gravy. ² p. 122; ³ p. 17; ⁴ p. 10; ⁵ p. 21; ⁶ p. 56; ⁷ p. 88.

OCTOBER: SECOND WEEK

FRIDAY

Breakfast

Sliced Peaches
Scrambled Eggs and Bacon
Toast Oatcakes Honey
Tea or Coffee

High Tea

Fried Fish and Tomatoes
Mustard and Cress Sandwiches
Drop Scones Rye Bread
Jap Cakes^a Rice Biscuits
Victoria Jam Sandwich
Apples

Lunch or Supper

Tripe and Onion Pie¹
Endive Salad
Butterscotch Pudding²
Toast Celery
Cheddar Cheese

Dinner

Hors d'Œuvres
Trout à la Meunière
Grilled Steak
Mâitre d'Hôtel Butter
Potato Straws
Grilled Mushrooms
Walnut Blancmange

SATURDAY

Breakfast

Oranges
Grilled Kippers
Brown Rolls Toast
Orange Marmalade
Tea or Coffee

High Tea

Salmon Croquettes
Watercress
White Bread Duck Paste
Treacle Scones⁴ Bath Buns
Eccles Cakes Brownies⁵
Coffee Cake
Cream Horns
Pineapple

Lunch or Supper

Scalloped Macaroni
Dried Fruit Salad
Custard Sauce
Biscuits Watercress
Gorgonzola Cheese

Dinner

Cream of Green Peas
Roast Stuffed Chicken
Bread Sauce Potato Crisps
Creamed Spinach
Raspberry Charlotte
Cheese Fondue

NOTE: ¹*Tripe and Onion Pie*.—Cook 1 lb. tripe and $\frac{1}{2}$ cup chopped onion in water to cover till tender. Strain and keep liquor. Shred tripe. Melt 1 oz. butter in a saucepan. Add 1 tablespoon flour, liquor, and 1 gill milk. Stir till boiling. Add tripe and onion. Cook 5 minutes. Turn into a buttered pie-dish. Cover with mashed potatoes. Dab with butter. Bake till golden. ² p. 20; ³ p. 130; ⁴ p. 153; ⁵ p. 166.

OCTOBER: THIRD WEEK

SUNDAY

Breakfast

Green Grapes
Grilled Kidneys and Bacon
Toast Oatcakes
Gooseberry Jelly
Tea or Coffee

High Tea

Romney Patties² (L)
Cucumber Sandwiches
Bran Muffins Teacakes
Marble Gems Shortbread
Walnut Gingerbread
Meringues
Bananas and Cream

Lunch or Supper

Baked Ham¹ Apple Chutney
Potato and Celery Salad
Baked Tapioca Pudding
Stewed Dried Apricots

Dinner

Minestrone
Roast Stuffed Loin of Pork
Apple Sauce Stewed Cabbage³
Roast Potatoes
Fruit Compôte⁴
Mushroom Canapés

MONDAY

Breakfast

Stewed Prunes
Boiled Eggs
Brown Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Sardines on Toast
Tomato Sandwiches
Currant Scones Soda Bread
Orange Layer Cake
Walnut Gingerbread (L)
Custard Cream Biscuits
Melon

Lunch or Supper

Ham Loaf⁵ (L)
Lettuce and Tomato Salad
Apple Betty
Toast Celery
Gruyère Cheese

Dinner

Grapefruit
Fried Fillets of Sole
Sauce Tartare
Cold Pork Apple Chutney
Creamed Beetroot⁶
Baked Potatoes
Fruit Tart

NOTE: Add Prawn Mayonnaise to Sunday's Dinner and Cheese Soufflé to Monday's. ¹*Baked Ham*.—Soak, boil and skin ham. Rub fat with garlic, then with Demerara sugar. Prick with cloves. Bake till crisp on top. ²*Patties*.—Dice 4 oz. cooked chicken and 4 oz. cooked ham. Stir into $\frac{1}{2}$ pint seasoned white sauce. Add pinch ground mace and 2 oz. chopped cooked mushrooms. Pile into hot pastry cases. Garnish with parsley. ³ p. 28; ⁴ p. 4; ⁵ p. 22; ⁶ p. 145.

OCTOBER: THIRD WEEK

TUESDAY

Breakfast

Stewed Figs
Fried Bacon, Bread and Tomatoes
Toast Oatcakes
Grapefruit Marmalade
Tea or Coffee

High Tea

Baked Haddock
Sultana Scones Soda Bread (L)
Swiss Buns Coffee Eclairs
Ginger Spice Cakes
Chocolate Biscuits
Oranges

Lunch or Supper

Pork Terrapin¹ (L)
Creamed Potatoes
Russian Jelly
Biscuits Watercress
Cheshire Cheese

Dinner

Hotch Potch
Baked Red Mullet
Braised Sheep's Tongues
Mashed Potatoes
Greengage Fool

WEDNESDAY

Breakfast

Grapefruit
Fried Fish Cakes
Rolls Toast
Ginger Marmalade
Tea or Coffee

High Tea

Mushrooms on Toast
Spanish Sandwiches
Bath Buns Muffins
Queen Cakes
Strawberry Swiss Roll
Coconut Biscuits
Black Grapes

Lunch or Supper

Cold Ham (L) Mixed Pickles
Russian Salad
College Pudding
Custard Sauce
Toast Spring Onions
Cream Cheese

Dinner

Cream of Artichokes
Fried Croûtons
Grilled Salmon Steaks
Steak and Kidney Pie
Riced Potatoes Buttered Sprouts
Jam Omelet

NOTE: Add Gruyère Titbits² to Tuesday's Dinner and Dessert to Wednesday's, if liked. Serve Cold Ham with Asparagus Salad, if preferred. Mix Cream Cheese to taste with salt, pepper, chopped chives or spring onion, and minced pimento to taste. Serve on a glass dish lined with a lettuce leaf. Serve Salmon with lemon garnish and Dutch sauce. ¹ p. 8; ² p. 5.

OCTOBER: THIRD WEEK

THURSDAY

Breakfast

Pineapple
Fried Eggs and Bacon
Toast Rolls
Tangerine Marmalade
Tea or Coffee

High Tea

Grilled Chipolatas
Watercress Sandwiches
Crumplets Farmhouse Bread
Chelsea Buns
American Ribbon Cake
Coffee Macaroons
Cobnuts and Pears

Lunch or Supper

Fish Pie² Cucumber Salad
Orange Sponge
Banana Custard²
Biscuits Tomatoes
Dutch Cheese

Dinner

Hors d'Euvres
Boiled Halibut
Hollandaise Sauce
Jugged Hare Rowan Jelly
Buttered Spinach
Mashed Potatoes
Charlotte Russe

FRIDAY

Breakfast

Apples
Egg and Sausage Scramble
Rolls Toast
Damson Cheese
Tea or Coffee

High Tea

Scotch Eggs
Toast Girdle Scones
Currant Buns Wine Biscuits
Madeira Cake
Apricot Cheese Cakes
Green Grapes

Lunch or Supper

Stewed Breast of Lamb
Riced Potatoes Green Peas
Chocolate Blancmange
Fruit Salad
Oatcakes Celery
Stilton Cheese

Dinner

Hare Soup (L)
Grilled Herrings Mustard Sauce
Casserole of Veal
Mashed Potatoes Artichokes
Topsy Cake¹

NOTE: Add Dessert to Thursday's Dinner and Stuffed Tomatoes to Friday's, if liked. ¹*Topsy Cake*.—Cut a high, round sponge cake into thick slices. Spread each with apricot jam. Build up into cake. Place in a glass dish. Sprinkle with a glass of sherry mixed with juice of $\frac{1}{2}$ lemon. Soak for 1 hour. Spike with 3 oz. blanched shredded almonds. Pour 1 pint vanilla custard round. ² p. 79; ³ p. 18.

OCTOBER: FOURTH WEEK

SATURDAY

Breakfast

Apricots
Fried Bacon and Corn Fritters¹
Toast Oatcakes
Rowan Jelly (L)
Tea or Coffee

High Tea

Fish and Chips
Tomato Sandwiches
Malt Bread Potato Scones
Devonshire Splits
Brandy Snaps Jap Cakes²
Madeira Cake (L)
Sliced Peaches

Lunch or Supper

Ham and Tongue
Potato and Celery Salad
Baked Vanilla Custard
Victoria Plums
Biscuits Spring Onions
Gorgonzola Cheese

Dinner

Kidney Soup
Sole Mornay³
Roast Shoulder of Lamb
Mint Sauce
Roast Potatoes Cauliflower
Loganberry Fool

SUNDAY

Breakfast

Orange Juice
Grilled Kippers
Oatcakes Toast
Orange Marmalade
Tea or Coffee

High Tea

Crab Salad
Cucumber Sandwiches
Malt Bread (L) Tea Cakes
Brownies⁴ Petits Fours
Orange Layer Cake
Fresh Figs

Lunch or Supper

Cream of Tomato
Cold Lamb Mango Chutney
Mixed Vegetable Salad
Treacle Tart
Dessert

Dinner

Tomato Juice Cocktail⁴
Roast Stuffed Duck
Apple Sauce
Roast Potatoes Buttered Beans
Orange Salad⁵
Cream Caramel
Welsh Rarebit

NOTE: Add Dessert, consisting of fresh fruit, dates and nuts to Saturday's Dinner, and Scalloped Crab (glassed crab) to Sunday's, if liked. If preferred, substitute Toast, Radishes and Cheese for Treacle Tart, or omit Soup from Sunday's Lunch and end with a cheese course. Serve salted cream crackers with Tomato Juice Cocktail. Add parboiled, minced liver to sage-and-onion stuffing for Duck. ¹ p. 78; ² p. 56; ³ p. 130; ⁴ p. 22; ⁵ p. 88; ⁶ p. 166.

OCTOBER: FOURTH WEEK

MONDAY

Breakfast

Stewed Prunes
Ham Omelet
Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Galantine of Veal
Brown Bread Treacle Scones³
Sultana Scones Bath Buns
Raspberry Swiss Roll
Shortbread Biscuits
Pineapple Slices

Lunch or Supper

Jellied Lamb Salad (L)
Deville Eggs
Rice and Raisin Pudding
Oatcakes Tomatoes
Carrphilly Cheese

Dinner

Lentil Purée Fried Croûtons
Fried Mackerel
Casserole of Liver
Steamed Potatoes
Buttered Sprouts
Banana Trifle

TUESDAY

Breakfast

Black Grapes
Fried Kidneys Bread Tomatoes
Toast Oatcakes
Honey
Tea or Coffee

High Tea

Deville Eggs
Liver and Celery Sandwiches
Malt Bread Drop Scones
Currant Buns Doughnuts
Oxford Plum Cake
Digestive Biscuits
Melon

Lunch or Supper

Russian Fish Pie³
Cucumber Salad
Honeycomb Mould⁴
Orange and Banana Compôte
Biscuits Celery
Leicester Cheese

Dinner

Cream of Cauliflower¹
Fried Cod Steaks
Hamburg Steaks
Grilled Mushrooms
Fried Potatoes
Baked Chocolate Pudding⁵
Whipped Cream

NOTE: Add Dessert to Monday's Dinner and Finnan Croûtes⁶ to Tuesday's, if liked. Garnish each Hamburg Steak with grated horseradish. Serve Fried Cod Steaks with Maître d'Hôtel Butter. If preferred, substitute Chocolate Cream Pie for the pudding. ¹*Cream of Cauliflower*.—Make soup with white sauce and boiled cauliflower, or partly with white sauce and partly with well-seasoned white stock. ² p. 153; ³ p. 79; ⁴ p. 12; ⁵ p. 2; ⁶ p. 9.

OCTOBER: FOURTH WEEK

WEDNESDAY

Breakfast

Sliced Peaches
Poached Eggs Bacon Toasts
Wheaten Rolls Toast
Gooseberry Jelly
Tea or Coffee

High Tea

Finnan Croûtes¹
Watercress Sandwiches
Malt Bread (L) Treacle Scones²
Coffee Buns Flapjacks⁴
Oxford Plum Cake (L)
Meringues
Black Grapes

Lunch or Supper

Baked Stuffed Sheep's Hearts
Roast Potatoes Glazed Carrots
Ground Rice Mould
Strawberry Syrup
Rolls
Stilton Cheese

Dinner

Hors d'Œuvres
Braised Turbot
Roast Pheasant
Bread Sauce Potato Straws
Buttered Peas and Carrots
Apricot Soufflé Pancakes⁵

THURSDAY

Breakfast

Grapefruit
Fried Cod's Roe
Toast Oatcakes
Ginger Marmalade
Tea or Coffee

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Cornish Pasties

Tomatoes Toast
Walnut Bread Bath Buns
Eccles Cakes Parkin
Chocolate Layer Cake
Date Macaroons
Fruit Salad

Lunch or Supper

Toad-in-the-Hole
Lettuce and Tomato Salad
Blackcap Pudding
Biscuits Watercress
Gruyère

Dinner

Vegetable Broth
Plaise au Gratin
Fried Veal Scallops
Steamed Artichokes
Cold Cabinet Pudding¹
Roes on Toast

NOTE: ¹*Pudding*.—De-crust 6 slices bread. Spread thickly with apricot jam and line a timbale mould. Heat 1 pint milk with 1 oz. sugar and rind of a lemon. When almost boiling, remove rind. Stir milk into 2 beaten egg yolks. Stir over boiling water till thick. Pour into a basin. Strain in $\frac{1}{4}$ oz. dissolved gelatine. Cool. Strain over bread. Weight. Serve in a glass dish with stewed fruit
¹ p. 9; ² p. 153; ⁴ p. 129; ⁵ p. 106.

OCTOBER : FOURTH WEEK

FRIDAY

Breakfast

Fried Sausages and Bananas
Rolls Toast
Bramble Jelly
Tea or Coffee

High Tea

Fried Kippers
Tomato Sandwiches
Walnut Bread (L) Drop Scones
Swiss Buns Cheese Cakes
Genoa Cake
Chocolate Eclairs
Dessert

Lunch or Supper

Irish Stew
Eve's Pudding
Vanilla Custard Sauce
Oatcakes Celery
Cheddar Cheese

Dinner

Mock Turtle Soup
Fried Skate Black Buttermilk
Lancashire Hot Pot
Compôte of Oranges
Rum Cream

SATURDAY

Breakfast

Green Grapes
Fried Herrings³
Waffles Maple Syrup
Tea or Coffee

High Tea

Mutton Pies
Mustard and Cress Sandwiches
Soda Scones Devonshire Splits
Genoa Cake (L)
Chocolate Wafers⁶
Ginger Nuts
Pineapple

Lunch or Supper

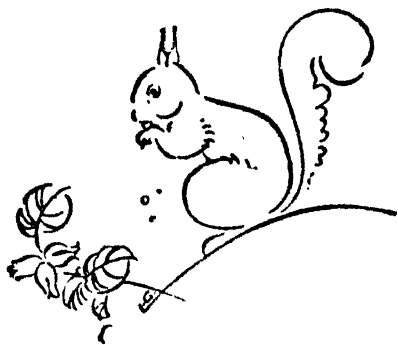
Scotch Collops
Mashed Potatoes
Butterscotch Pudding⁴
Biscuits Tomatoes
Gorgonzola Cheese

Dinner

Mandarin Cocktail
Sole Florentine⁶
Rabbit Pie
Riced Potatoes Lettuce Salad
Buttered String Beans
Pineapple Amber¹

NOTE: Add Anchovy Canapés to Friday's Dinner and Mushrooms on Toast to Saturday's, if liked. ¹*Pineapple Amber*.—Dice 3 slices canned pineapple. Place 2½ cups sieved sponge-cake crumbs in a basin. Sprinkle with about 1 cup pineapple syrup. Add pineapple and 4 egg yolks, stirring in one at a time. Steam in a buttered mould, covered with buttered paper, for 1½ hours. ³ p. 65; ⁴ p. 60; ⁵ p. 20; ⁶ p. 161; ⁷ p. 102.

November



NOVEMBER: FIRST WEEK

SUNDAY

Breakfast

Pineapple
Grilled Bacon Scrambled Eggs
Toast Oatcakes
Orange Marmalade
Tea or Coffee

Lunch or Supper

Doncaster Pie¹
Riced Potatoes Endive Salad
Lemon Milk Jelly
Stewed Pears

High Tea

Welsh Rarebit
Celery
Brown Bread Krapfen²
Walnut Wafers Cherry Buns
Fruit Gingerbread
Jam Tartlets
Fresh Figs and Walnuts

Dinner

Mulligatawny Soup
Roast Sirloin of Beef
Grated Horseradish
Roast Potatoes Mashed Swedes
Jellied Fruit
Chicken Liver Rolls³ (L)

MONDAY

Breakfast

Oranges
Grilled Kippers
Brown Rolls Toast
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Tongue Salad (L)
College Pudding
Vanilla Custard Sauce
Toast Spring Onions
Stilton Cheese

High Tea

Sardines on Toast
Milk Bread Krapfen² (L)
Crumpets
Flapjacks⁴ Meringues
Apricot Swiss Roll
Petit Beurre Biscuits
Greengages

Dinner

Kidney Soup
Crawfish au Gratin
Cold Beef
Pickled Beetroot
Creamed Potatoes
Buttered Celery
Apple Betty and Cream

NOTE: ¹Doncaster Pie.—Melt $\frac{1}{2}$ oz. butter in a pan. Fry 1 sliced onion till clear. Mince 6 oz. ox tongue and 6 oz. boiled ham. Stir in $\frac{1}{2}$ gill stock, 1 teaspoon French mustard, 2 tablespoons tomato catsup. Place in a buttered pie-dish. Cover with 2 sliced hard-boiled eggs, onion and flaky pastry. Bake in hot oven for half an hour. ² p. 159; ³ p. 3; ⁴ p. 129.

NOVEMBER: FIRST WEEK

TUESDAY

Breakfast

Apricots
Finnan Kedgeree
Toast Oatcakes
Damson Cheese
Tea or Coffee

Lunch or Supper

Curried Beef (L) Boiled Rice
Mango Chutney
Swiss Apple Pudding^a
Biscuits Tomatoes
Dutch Cheese

High Tea

Brawn
Watercress Sandwiches
Cocoa Bread Swiss Buns
Custard Tartlets Brownies^a
Sponge Sandwich
Oranges

Dinner

Hors d'Œuvres
Brill with Mustard Butter
Grilled Mutton Chops
Buttered Artichokes
Fried Potatoes
Gooseberry Tart

WEDNESDAY

Breakfast

Stewed Prunes
Savoury Omelet
Rolls Toast
Honey
Tea or Coffee

Lunch or Supper

Tripe and Onions
Mashed Potatoes
Hot Gingerbread
Almond Custard Sauce
Oatcakes Celery
Cheshire Cheese

High Tea

Baked Stuffed Tomatoes¹
Vienna Bread Cocoa Bread (L)
Devonshire Splits
Chocolate Gems Florentines⁴
Royal Drops
Dundee Cake⁵
Plums and Cream

Dinner

Cream of Celery
Boiled Pheasant
Mushroom Sauce
Mashed Potatoes Braised Leeks
Trifle
Corn-on-the-Cob Melted Butter

NOTE: Add Dessert to Tuesday's Dinner and Grilled Sole to Wednesday's.
¹*Stuffed Tomatoes.*—Mix 1½ oz. minced cold ham with 1½ oz. breadcrumbs, 1½ tea-
spoons each minced onion and parsley. Season. Cut a slice off top of 4 large
tomatoes. Remove pulp. Fill with mixture. Sprinkle with grated cheese.
Place each on a round of fried bread spread with remainder of filling, then with
chopped fried mushrooms. Bake 8 minutes. ^a p. 31; ^b p. 166; ^c p. 30; ^d p. 93.

NOVEMBER: FIRST WEEK

THURSDAY

Breakfast

Black Grapes
Fried Fish Cakes
Oatcakes Toast
Lemon Marmalade
Tea or Coffee

High Tea

Devilled Spaghetti
Watercress
Malt Bread Currant Buns
Queen Cakes Coburg Cakes
Custard Eclairs
Walnut Gateau
Fresh Pears

Lunch or Supper

Salmon Loaf¹
Egg and Parsley Sauce
Pancakes
Rolls Radishes
Cream Cheese

Dinner

Clear Soup
Hot Cheese Straws
Braised Turbot
Steak and Kidney Pie
Riced Potatoes Spinach
Pineapple Soufflé

FRIDAY

Breakfast

Grapefruit
Grilled Kidneys and Bacon
Toast Potato Pancakes
Tangerine Marmalade
Tea or Coffee

High Tea

Buck Rarebit¹
Mustard and Cress Sandwiches
Malt Bread (L) Drop Scones
Dundee Cake (L)
Flapjacks² Brandy Snaps
Fruit Salad

Lunch or Supper

Pressed Beef
Beetroot and Potato Salad
Apple Chutney
Orange Fritters
Biscuits Watercress
Gorgonzola Cheese

Dinner

Melon Cocktail
Fried Mackerel Black Butter⁴
Roast Ptarmigan
Bread Sauce Potato Straws
Endive Salad
Cream Caramel

NOTE: Add Cheese Aigrettes to Thursday's Dinner and Dessert to Friday's, if liked. Serve Cream Caramel with whipped, sweetened cream flavoured with rum. ¹*Buck Rarebit*.—Melt 1 oz. butter. Add $\frac{1}{2}$ lb. grated Cheddar cheese, 2 table-spoons milk, 1 teaspoon made mustard, and salt and cayenne pepper to taste. Pile on 4 squares of hot buttered toast. Place a poached egg on top of each. Dredge with paprika. Serve at once. ² p. 107; ³ p. 129; ⁴ p. 65.

NOVEMBER : SECOND WEEK

SATURDAY

Breakfast

Pears
Midget Scramble¹
Rolls Toast
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Fried Fish and Chips
Cucumber and Lettuce Salad
Apple Dumplings
Custard Sauce
Oatcakes Tomatoes
Leicester Cheese

High Tea

Buttered Shrimps
Brown Bread and Butter
Treacle Scones² Coffee Buns
Cheese Cakes Shortbread
Orange Layer Cake
Ginger Nuts
Green Grapes

Dinner

Cream of Corn
Halibut Steaks au Gratin
Casserole of Rabbit
Mashed Potatoes Buttered Savoy
Apricot Flan
Whipped Cream

SUNDAY

Breakfast

Stewed Figs
Fried Bacon, Tomatoes, Bread
Toast Oatcakes
Lime Marmalade
Tea or Coffee

Lunch or Supper

Scotch Haggis
Mashed Potatoes
Baked Vanilla Custard
Pears (L)
Biscuits Celery
Gervais Cheese

High Tea

Pork Pie and Tomatoes
White Bread Crumpets
Bran Muffins Queen Gems
Sultana Cake
Meringues
Bananas and Mandarins

Dinner

Scotch Broth
Roast Stuffed Loin of Pork
Roast Potatoes
Stewed Red Cabbage⁴
East Wind³
Mushrooms on Toast

NOTE: ¹*Midget Scramble*.—Mash $\frac{1}{2}$ lb. half-boiled, skinned midget sausages. Mix with a beaten egg and 2 beaten yolks and 3 tablespoons milk. Season. Melt 2 oz. butter. Add mixture. Scramble. Serve on fried bread. ²*East Wind*.—Mix $1\frac{1}{2}$ cups pineapple juice with $1\frac{1}{2}$ cups cold water and 1 teaspoon lemon juice. Boil. Add 1 packet lemon jelly. Dissolve. Chill. Beat in 3 tablespoons condensed milk. When stiff, garnish with whipped cream and pineapple. ³ p. 153; ⁴ p. 28.

NOVEMBER: SECOND WEEK

MONDAY

Breakfast

Orange Juice
Boiled Eggs
Brown Rolls Toast
Grapefruit Marmalade
Tea or Coffee

High Tea

Grilled Kippers
Tomato Sandwiches
Orange Bread Crumpets (L)
Jap Cakes⁴ Bath Buns
Strawberry Swiss Roll
Sultana Cake (L)
Pineapple (L)

Lunch or Supper

Meat Loaf and Pickles
Marrow Soufflé¹
Queen of Puddings
Rolls
Gorgonzola Cheese

Dinner

Hors d'Œuvres
Onion Soup³
Cold Pork and Apricot Chutney
Scalloped Potatoes
Creamed Beetroot²
Baked Apples and Cream

Breakfast

Green Grapes
Curried Prawns Boiled Rice
Toast Oatcakes
Lemon Cheese
Tea or Coffee

Lunch or Supper

Pork Croquettes (L)
Green Peas Tomato Sauce
Steamed Prunes Custard Sauce
Biscuits Lettuce Salad
Stilton Cheese

High Tea

Hot Mutton Pies
Watercress Sandwiches
Girdle Scones Swiss Buns
Jam Tartlets Coffee Eclairs
Cherry and Ginger Cake
Apples and Oranges

Dinner

Cream of Artichokes
Jugged Hare Forcemeat Balls
Mashed Potatoes
Buttered Sprouts
Tapioca Cream
Strawberry Syrup
Welsh Rarebit

NOTE: Add Hot Cheese Straws to Monday's Dinner and Fried Smelts to Tuesday's. ¹*Marrow Soufflé*.—Mix 2 cups boiled mashed marrow with 1 cup white sauce, 1 teaspoon minced onion. Season. Stir in 2 beaten egg yolks. Fold in 2 stiffly-frothed egg whites. Bake in a buttered pie-dish for half an hour. ²*Creamed Beetroot*.—Chop 1 lb. boiled beetroot. Fry in 2 tablespoons butter. Season. Stir in vinegar to taste. Simmer 3 minutes. Add thick cream to taste. ³ p. 121; ⁴ p. 130.

NOVEMBER : SECOND WEEK

WEDNESDAY

Breakfast

Steamed Prunes (L)
Fried Sausage Cakes
Apple Slices
Rolls Toast
Ginger Marmalade
Tea or Coffee

Lunch or Supper

Grilled Herring Mustard Sauce
Fried Potatoes
Marmalade Pudding
Lemon White Sauce
Oatcakes Celery
Dutch Cheese

High Tea

Buttercups¹ Watercress
Brown Bread Drop Scones
Date Kisses Rock Cakes
Cherry and Ginger Cake (L)
Cream Slices
Bananas and Cream

Dinner

Fruit Cocktail
Halibut Florentine²
Casserole of Pheasant
Stewed Cabbage³ Riced Potatoes
Chocolate Charlotte

THURSDAY

Breakfast

Sliced Peaches
Steamed Eggs Bacon Toasts
Toast Oatcakes
Passion Fruit Marmalade
Tea or Coffee

Lunch or Supper

Haricot Mutton
Stoved Potatoes⁴
Prune Fritters
Biscuits Watercress
Celery Cheese

High Tea

Hare Paste and Tomatoes (L)
Brown Bread Toast
Devonshire Splits
Chelsea Buns Brownies⁵
Chocolate Layer Cake
Walnut Biscuits
Dates and Oranges

Dinner

Minestrone
Grilled Fillet Steak
Maitre d'Hôtel Butter
Potato Chips
Cauliflower Cheese⁶
Chesham Tart⁷

NOTE: Add Finnan Croûtes⁸ to Wednesday's Dinner and Hake Soufflé to Thursday's, if liked. ¹*Buttercups*.—Dip 2 sheep's kidneys in boiling water. Skin, core, chop and fry in 1 oz. butter till almost tender. Add 2 oz. chopped ham. Fry 1 minute. Add 2 large chopped, peeled tomatoes, 1 teaspoon minced pimento. Season. When tomatoes are soft, spread mixture on 4 squares hot buttered toast. Top each with a poached egg. Dredge with paprika. ² p. 161; ³ p. 28; ⁴ p. 132; ⁵ p. 166; ⁶ p. 53; ⁷ p. 40; ⁸ p. 9.

NOVEMBER: SECOND WEEK

FRIDAY

Breakfast

Grapefruit
Fried Eggs and Bacon
Rolls Toast
Honey
Tea or Coffee

High Tea

Sausage Rolls
Stuffed Celery³
Yorkshire Tea Cakes
Milk Bread Currant Buns
Doughnuts Brandy Snaps
Chocolate Layer Cake (L)
Pears and Cobnuts

Lunch or Supper

Fish Pie²
Lettuce Salad
Rice Custard¹ Greengages
Toast Tomatoes
Stilton Cheese

Dinner

Cream of Tomatoes
Fried Fillets of Sole
Hollandaise Sauce
Roast Widgeon
Potato Straws Orange Salad⁴
Fruit Tart and Cream

SATURDAY

Breakfast

Grilled Gammon Fried Bananas
Toast Rolls
Damson Cheese
Tea or Coffee

High Tea

Sardines on Toast
Tomato Sandwiches
Cocoa Bread Treacle Scones⁵
Coffee Buns Fruit Tartlets
Seed Cake
Chocolate Biscuits
Peaches and Cream

Lunch or Supper

Irish Stew
Buttered Scotch Kale
Stewed Apples
Vanilla Blancmange
Biscuits Radishes
Gruyère Cheese

Dinner

Haricot Bean Purée
Scalloped Gurnet
Steak and Kidney Pie
Mashed Potatoes
Buttered Spinach
Compôte of Oranges

NOTE: Add any Cheese Rarebit to Friday's Dinner and start Saturday's with a Tomato Juice Cocktail⁶, if liked. ¹*Rice Custard*.—Stir 2 cups milk, 1½ cups boiled rice, ¼ teaspoon salt, ½ cup castor sugar and ½ teaspoon vanilla essence into 2 beaten eggs. Bake in a buttered pie-dish at 350 degrees Fahr. for about 20 minutes. Place dish in a tin containing a little hot water before baking. Serve with canned Greengages. ² p. 79; ³ p. 26; ⁴ p. 88; ⁵ p. 153; ⁶ p. 22.

NOVEMBER : THIRD WEEK

SUNDAY

Breakfast

Pineapple
Spinach Omelet
Oatcakes Toast
Tangerine Marmalade
Tea or Coffee

High Tea

Curried Prawns
Brown Bread and Cress
Hot Buttered Toast
London Buns Eccles Cakes
Flapjacks³ Coconut Kisses
Oxford Plum Cake
Dessert

Lunch or Supper

Creamed Tongue¹
Boiled Rice Green Peas
Chocolate Blancmange
Bananas and Cream
Oatcakes Celery
Roquefort Cheese

Dinner

Hors d'Œuvres
Oysters au Gratin
Roast Ribs of Beef
Horseradish Sauce
Roast Potatoes Buttered Sprouts
Fruit Trifle

MONDAY

Breakfast

Stewed Figs
Grilled Kippers
Toast Rolls
Orange Marmalade
Tea or Coffee

High Tea

Egg and Green Pea Scramble (L)
White Bread
Date and Nut Bread
Toasted Crumpets
Bath Buns Brownies³
Oxford Plum Cake (L)
Bananas and Ginger

Lunch or Supper

Cold Hamburg Loaf
Cole Slaw²
Stuffed Baked Potatoes⁴
Pineapple (L) and Cream
Biscuits Spring Onions
Stilton Cheese

Dinner

Oxtail Soup
Braised Mutton Chops
Riced Potatoes
Creamed Artichokes
Lime Curd Tartlets
Tunny Fish Canapés

NOTE: Add Dessert to Sunday's Dinner and also to Monday's, if liked. ¹*Creamed Tongue*.—Melt 1½ oz. butter in a saucepan. Add 3 tablespoons flour and ½ pint milk. Boil 5 minutes, stirring constantly. Add 2 teaspoons minced onion. Season. Boil 2 minutes. Add 1½ teaspoons minced pimento, 8 oz. minced tongue and 1½ teaspoons minced parsley. Serve ringed with peas and then rice. ² p. 129; ³ p. 36; ⁴ p. 19; ⁵ p. 166.

NOVEMBER: THIRD WEEK

TUESDAY

Breakfast

Green Grapes
Grilled Kidneys and Tomatoes
Rolls Oatcakes
Gooseberry Jelly
Tea or Coffee

High Tea

Hamburg Loaf
Chelsea Buns Malt Bread
Brownies² Shortbread
Orange Gingerbread
Date Kisses
Mandarins

Lunch or Supper

Shepherd's Pie
Baked Vanilla Custard
Canned Figs
Toast Tomatoes
Cheddar Cheese

Dinner

Cream of Asparagus
Braised Brill
Roast Partridges
Bread Sauce Fried Crumbs
Potato Straws
Carrots and Peas
Meringues

WEDNESDAY

Breakfast

Apricots
Egg and Pimento Scramble³
Toast Brown Rolls
Lemon Marmalade
Tea or Coffee

High Tea

Pork Pie
Cress Sandwiches
Malt Bread (L) Sultana Scones
Strawberry Buns¹
Walnut Wafers
Coffee Eclairs
Golden Plums

Lunch or Supper

Dressed Crab
Lettuce Salad
Cherry Tart and Custard
Biscuits Spring Onions
Camembert Cheese

Dinner

Fruit Cocktail
Trout à la Meunière
Casserole of Liver
Mashed Potatoes String Beans
Cream Caramel
Gruyère Titbits⁴

NOTE: ¹*Strawberry Buns*.—Rub 3 oz. butter, 6 oz. flour, 2 oz. ground rice and a pinch salt. Add 2 oz. castor sugar and 1 teaspoon baking powder. Mix to a stiff paste with a beaten egg and $\frac{1}{2}$ gill milk. Cut into 8 equal-sized pieces. Shape each into a ball. Flatten. Hollow out centres. Fill with strawberry jam. Close openings. Place with hollow below in a buttered baking-sheet. Brush with water. Dredge castor sugar, and bake in a quick oven. ² p. 53; ³ p. 166; ⁴ p. 8.

NOVEMBER: THIRD WEEK

THURSDAY

Breakfast

Stewed Prunes
Salmon Kedgerree
Oatcakes Toast
Red Currant Jelly
Tea or Coffee

High Tea

Fried Fish and Chips
Fruit Bread Oatmeal Scones
Devonshire Splits
Jam Puffs Seed Cake
Ginger Nuts
Pineapple

Lunch or Supper

Savoury Roly Poly¹
Stewed Cabbage²
Cornflour Blancmange
Stewed Fruit
Oatcakes Celery
Dutch Cheese

Dinner

Mulligatawny Soup
Baked Stuffed Seabream
Boiled Silverside
Carrots, Turnips, Onions
Mashed Potatoes
Chocolate Soufflé

FRIDAY

Breakfast

Orange Juice
Bacon Omelet
Toast Brown Rolls
Ginger Marmalade
Tea or Coffee

High Tea

Meat Salad (L)
Brown Bread Fruit Bread (L)
Currant Buns Muffins
Lemon Layer Cake
Marzipan Biscuits
Spanish Melon

Lunch or Supper

Stewed Veal and Risotto³
Buttered Kale
Apple Pancakes⁴
Biscuits
Leicester Cheese

Dinner

Tomato and Bean Purée
Fried Croûtons
Fried Slips Sauce Tartare
Roast Stuffed Loin of Lamb
Roast Potatoes
Creamed Beetroot⁵
Loganberry Fool

NOTE: Add Dessert to Thursday's Dinner and Angels-on-Horseback to Friday's, if liked. Make Loganberry Fool with canned berries. ¹*Savoury Roly Poly*.—Roll 6 oz. suet crust out into an oblong. Season and moisten 3 oz. minced steak with gravy or stock. Spread on the pastry. Damp edges of pastry. Roll up. Tie in a floured pudding-cloth. Steam for 2 hours. Serve with thick brown gravy. ² p. 28; ³ p. 98; ⁴ p. 55; ⁵ p. 145.

NOVEMBER: FOURTH WEEK

SATURDAY

Breakfast

Grapefruit
Fried Sausages and Apple Slices
Rolls Toast
Honey
Tea or Coffee

Lunch or Supper

Grilled Gammon Corn Scramble¹
Apple Tart
Toast Watercress
Gorgonzola Cheese

Dinner

High Tea
Salmon Scallops
Toast White Nut Bread
Drop Scones Coffee Buns
Fruit Cake Cream Horns
Fruit Salad

Hors d'Œuvres
Sole Mornay²
Steak and Kidney Pudding
Mashed Potatoes Mashed Swedes
Apricot Soufflé Pancakes⁴
Dessert

SUNDAY

Breakfast

Peaches
Bacon, Fried Bread and Tomatoes
Toast Oatcakes
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Fried Rabbit Cream Sauce²
Creamed Potatoes
Buttered Peas
Honeycomb Mould⁵
Strawberry & Banana Compôte⁶
Biscuits Celery
Carraway Cheese⁷

High Tea

Finnan Croûtes⁸
White Nut Bread (L)
Toasted Tea Cakes
Currant Buns
Brownies⁹ Fruit Cake (L)
Meringues
Greengages and Cream

Dinner

Cream of Mushrooms
Roast Beef Grated Horseradish
Yorkshire Pudding
Roast Potatoes
Buttered Sprouts
Fruit Trifle
Stuffed Tomatoes

NOTE: ¹Corn Scramble.—Add salt and pepper to taste and 1 teaspoon flour to 1 can drained corn. Stir 2 tablespoons canned milk into 2 beaten eggs. Mix together. Melt 1 tablespoon butter in a saucepan. Scramble mixture. ²Cream Sauce.—Dish rabbit. Stir cream into essence and bacon fat in pan. Season with pepper and paprika. ³ p. 56; ⁴ p. 106; ⁵ p. 12; ⁶ p. 25; ⁷ p. 21; ⁸ p. 9; ⁹ p. 166.

NOVEMBER: FOURTH WEEK

MONDAY

Breakfast

Stewed Figs
Steamed Eggs Anchovy Toasts
Wheaten Rolls Toast
Tangerine Marmalade
Tea or Coffee

High Tea

Tripe and Onions
Mashed Potatoes
Bran Muffins Milk Bread
Bath Buns Eccles Cakes
Strawberry Swiss Roll
Dundee Cake²
Green Grapes

Lunch or Supper

Rabbit Mould¹ (L)
Vegetable Salad
Apple Fritters
Toast Spring Onions
Gruyère Cheese

Dinner

Mock Turtle Soup
Cold Roast Beef
Pickled Onions
Scalloped Celery
Scalloped Potatoes
Walnut Jelly
Sardines on Toast

TUESDAY

Breakfast

Pineapple
Grilled Kippers
Toast Oatcakes
Damson Cheese
Tea or Coffee

High Tea

Bacon Shortcake
Lettuce Sandwiches
Soda Bread Oven Scones
Toasted Teacakes
Petits Fours Dundee Cake² (L)
Devil's Food Cake⁴
Dessert

Lunch or Supper

Pickled Herring
Celery and Potato Salad
Baked Sago Pudding
Canned Figs
Oatcakes Celery
Wensleydale Cheese

Dinner

Melon Cocktail
Halibut au Gratin
Grilled Lamb Cutlets
Creamed Spinach Fried Potatoes
Coffee Cream³
Cheese Fondue

NOTE: ¹Rabbit Mould.—Mince 4 oz. cold rabbit, 1 oz. boiled ham, 1 oz. cooked tongue, 1 peeled onion, 1 peeled tomato. Melt 1 oz. butter. Stir in 1 oz. flour, then 1 gill stock. Boil till mixture shrinks from side of pan. Beat 1 egg. Stir gradually into sauce. Beat till smooth. Add meat mixture, and seasoning to taste. Bake in a covered buttered loaf-tin for about $\frac{1}{2}$ hour. Turn out. Garnish with watercress. ² p. 93; ³ p. 58; ⁴ p. 69.

NOVEMBER: FOURTH WEEK

WEDNESDAY

Breakfast

Apricots
Fried Bacon, Tomatoes, Bread
Lime Marmalade
Brown Rolls Toast
Tea or Coffee

High Tea

Sausage Rolls
Cheese and Celery Sandwiches
Vienna Bread Bakestones³
Swiss Buns Flapjacks⁴
Marshmallow Layer Cake
Shortbread Biscuits
Fruit Salad

Lunch or Supper

Shepherd's Pie (L)
Buttered Scotch Kale
Creamed Rice
Lemon Sauce²
Biscuits Watercress
Dutch Cheese

Dinner

Cream of Tomato
Salmon Ramekins
Scotch Collops
Mashed Potatoes Green Peas
Chesham Tart⁵

THURSDAY

Breakfast

Green Grapes
Grilled Herring
Toast Oatcakes
Orange Marmalade
Tea or Coffee

High Tea

Veal and Ham Pie
Watercress Sandwiches
Brown Bread Treacle Scones¹
Devonshire Splits
Date Drops Rock Cakes
Ribbon Cake
Bananas and Cream

Lunch or Supper

Irish Stew
Buttered Sprouts
Apple Betty
Almond Custard Sauce
Oatcakes Tomatoes
Camembert Cheese

Dinner

Kidney Soup
Boiled Cod Egg Sauce
Roast Guinea Fowl
Fried Crumbs Bread Sauce
Endive Salad Potato Straws
Buttered Celery
Chocolate Mousse⁶

NOTE: Add Mushrooms on Toast to Wednesday's Dinner and Dessert to Thursday's, if liked. ¹*Treacle Scones*.—Sift 3 cups flour, $\frac{1}{2}$ cup castor sugar, 1 small teaspoon each baking soda and salt into a basin. Rub in 1 tablespoon butter. Stir in 1 teaspoon treacle and spice to taste. Mix to a dough with buttermilk or sour milk. Roll out. Cut into rounds. Bake on a girdle or in the oven. ² p. 15; ³ p. 45; ⁴ p. 129; ⁵ p. 40; ⁶ p. 70.

NOVEMBER: FOURTH WEEK

FRIDAY

Breakfast

Stewed Prunes
Savoury Omelet
Wheaten Rolls Toast
Passion Fruit Marmalade
Tea or Coffee

High Tea

Buck Rarebit³
Malt Bread Currant Scones
Chelsea Buns Doughnuts
Ribbon Cake (*L*)
Chocolate Biscuits
Peaches and Cream

Lunch or Supper

Fried Fish and Chips
Lettuce and Endive Salad
Sponge Pudding
Jam Sauce
Toast Celery
Gorgonzola Cheese

Dinner

Tomato Juice Cocktail³
Cream of Chestnut Soup
Crawfish Tails Newburg¹
Casserole of Veal
Mashed Potatoes Cauliflower
Pineapple Charlotte

SATURDAY

Breakfast

Orange Juice
Fried Sausage Cakes
Toast Oatcakes
Heather Honey
Tea or Coffee

High Tea

Curried Eggs
Malt Bread (*L*) Drop Scones
Crumpets
Chocolate Layer Cake
Jam Tartlets Rice Biscuits
Oranges and Nuts

Lunch or Supper

Tripe and Onions
Riced Potatoes
Steamed Fig Pudding
Vanilla White Sauce
Biscuits Watercress
Cornish Cheese

Dinner

Green Pea Purée
Sole à la Portugaise⁴
Baked Hamburg Loaf
Scalloped Tomatoes
Creamed Potatoes
Topsy Squire⁵

NOTE: Add Roes on Toast to Friday's Dinner and Dessert to Saturday's, if liked. ¹*Crawfish Tails Newburg*.—Remove meat from 3 tails. Cut in inches. Melt 1 tablespoon butter in a saucepan. Add seasonings, $\frac{1}{2}$ teaspoon minced onion, 1 minced truffle. Simmer 5 minutes. Stir in sherry to taste. Cook 3 minutes. Stir in 1 egg yolk beaten with $\frac{1}{2}$ cup cream, and fish. When thick, serve in border of boiled rice. ² p. 143; ³ p. 22; ⁴ p. 163; ⁵ p. 39.

December



DECEMBER: FIRST WEEK

SUNDAY

Breakfast

Grapefruit
Fried Bacon Corn Fritters³
Toast Oatcakes
Damson Cheese
Tea or Coffee

High Tea

Eggs on Spinach
Toast Teacakes
Walnut Bread
Banbury Puffs Shortbread
Parkin Meringues
Tangerines

Lunch or Supper

Cold Hamburg Loaf
Alabama Salad¹
Cabbage au Gratin²
Baked Chocolate Pudding⁴
Lemon Custard
Oatcakes Spring Onions
Stilton Cheese

Dinner

Cream of Cauliflower⁵
Curried Cod's Roe Boiled Rice
Roast Stuffed Loin of Pork
Apple Sauce
Roast Potatoes Buttered Peas
Strawberry Mousse⁶

MONDAY

Breakfast

Stewed Pears
Finnan Kedgerree
Rolls Toast
Gooseberry Jelly
Tea or Coffee

High Tea

Salmon Soufflé⁷
Brown Bread Oatmeal Scones
Bath Buns Walnut Bread
Apricot Swiss Roll
Cinnamon Biscuits
Green Grapes

Lunch or Supper

Cold Pork Hot Baked Beans
Chicory Salad
Pancakes
Biscuits Tomatoes
Cheshire Cheese

Dinner

Hors d'Oeuvres
Grilled Herring Mustard Sauce
Boiled Chicken Caper Sauce
Mashed Potatoes
Buttered Sprouts
Fruit Tart

NOTE: ¹*Salad*.—Mix 1 cup minced, scraped carrots with 1 cup sliced celery, $\frac{1}{2}$ cup diced pimento, $\frac{1}{2}$ cup chopped walnuts, and mayonnaise. Serve on lettuce leaves. ²*Cabbage*.—Sprinkle layers of boiled cabbage in a buttered fireproof dish with grated cheese. Season salt and paprika. Cover each layer with white sauce. Sprinkle with $\frac{1}{2}$ cup breadcrumbs mixed with 3 tablespoons melted butter. Bake till brown. ³ p. 78; ⁴ p. 2; ⁵ p. 138; ⁶ p. 111; ⁷ p. 1.

DECEMBER: FIRST WEEK

TUESDAY

Breakfast

Orange Juice
Bacon and Eggs
Toast Wheaten Rolls
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Chicken Ramekins¹ (L)
Lettuce and Tomato Salad
Blackcap Pudding
Toast Spring Onions
Wensleydale Cheese

Dinner

<p><i>High Tea</i></p> <p>Pork Terrapin² (L) Tomato Sandwiches Walnut Bread (L) Bran Muffins German Pound Cake Cream Horns Fruit Salad</p>	<p>Hare Soup Fried Sole Sauce Tartare Mixed Grill Maitre d'Hôtel Butter Potato Chips Buttered Leeks Cream Caramel Apricot Compôte</p>
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WEDNESDAY

Breakfast

Pineapple
Fried Salmon Cakes
Oatcakes Toast
Grapefruit Marmalade
Tea or Coffee

Lunch or Supper

Jugged Hare (L)
Mashed Potatoes Cauliflower
Honeycomb Mould³
Steamed Prunes
Biscuits Tomatoes
Dutch Cheese

High Tea

Sardine Toasts
Cress and Tomato Sandwiches
Cocoa Bread Treacle Scones⁵
Jap Cakes⁶
Strawberry Buns⁷
German Pound Cake (L)
Bananas

Dinner

Cream of Corn
Fried Scallops Tomato Sauce
Roast Widgeon
Orange Salad⁸ Potato Straws
Baked Butterscotch Pudding⁴
Cream

NOTE: ¹Chicken Ramekins.—Melt 1½ tablespoons butter. Stir in 1½ tablespoons flour, ½ cup hot chicken stock and ½ cup hot milk. When boiling, add 2 cups diced chicken, ½ cup chopped, fried mushrooms. Season. Add 1 teaspoon minced parsley. Pile into buttered ramekins. Sprinkle with crumbs. Dab with butter. Bake standing in a tin of hot water till brown. ² p. 5; ³ p. 12; ⁴ p. 20; ⁵ p. 153; ⁶ p. 130; ⁷ p. 149; ⁸ p. 88.

DECEMBER: FIRST WEEK

THURSDAY

Breakfast

Sliced Peaches
Tomato Sausages
Toast Brown Rolls
Orange Marmalade
Tea or Coffee

High Tea

Cold Ham
Endive and Onion Salad
Cocoa Bread (L) Melba Toast
Flannel Cakes Currant Buns
Pineapple Layer Cake
Chocolate Biscuits
Spanish Melon

Lunch or Supper

Russian Fish Pie²
Cucumber Salad
Cottage Pudding
Strawberry Syrup
Oatcakes Celery
Roquefort Cheese

Dinner

Passion Fruit Cocktail¹
Scallops of Brill
Stewed Beef Olives
Mashed Potatoes
Buttered Savoy
Lime Curd Tartlets

FRIDAY

Breakfast

Green Grapes
Grilled Kippers
Oatcakes Toast
Ginger Marmalade
Tea or Coffee

High Tea

Melton Mowbray Pie
Asparagus Salad
White Nut Bread
Soda Scones
Swiss Buns Flapjacks⁴
Cherry Cake Coffee Eclairs
Apples and Nuts

Lunch or Supper

Lancashire Hot Pot
Baked Apples
Vanilla Custard Sauce
Biscuits Spring Onions
Carraway Cheese³

Dinner

Scotch Broth
Sole au Gratin
Grilled Pork Chops
Chestnut Purée
Potato Croquettes
Apple and Onion Sauce
Blackcurrant Cream⁵

NOTE: Add Kippers au Gratin⁶ to Thursday's Dinner if liked, and Cheese and Onion Canapés to Friday's. If preferred, substitute Stilton Cheese for Carraway, or mix Cream Cheese to taste with minced onion, walnut, and parsley. Season highly. ¹Passion Fruit Cocktail: Fill cocktail glasses to an inch of the brim with passion fruit juice, fresh or bottled. Chill. Serve with salted almonds. ² p. 79; ³ p. 21; ⁴ p. 129; ⁵ p. 91; ⁶ p. 11.

DECEMBER: SECOND WEEK

SATURDAY

Breakfast

Stewed Figs
Bacon, Fried Bread, Tomatoes
Toast Rolls
Red Currant Jelly
Tea or Coffee

High Tea

Grilled Sausages
Cress Sandwiches
Bran Muffins Lemon Buns
Mocha Layer Cake
Welsh Cheese Cakes
Cherry Cake (L)
Apricots and Cream

Lunch or Supper

Spaghetti Ragout
Endive Salad
Baked Custard
Golden Plums
Toast
Cheddar Cheese

Dinner

Lentil Purée Fried Croûton
Braised Steak
Mashed Potatoes
Buttered Green Peas
Pineapple Flan
Scotch Angels-on-Horseback²

SUNDAY

Breakfast

Grapefruit
Egg and Sausage Scramble
Oatcakes Toast
Lemon Cheese
Tea or Coffee

High Tea

Oyster Rarebit¹
Tomato Sandwiches
Malt Bread Currant Buns
Brandy Snaps Brownies⁴
Orange Sponge Sandwich
Bananas and Mandarins

Lunch or Supper

Casserole of Tripe³
Mashed Potatoes
Pancakes
Biscuits Chicory Salad
Leicester Cheese

Dinner

Hors d'Œuvres
Cream of Artichoke Soup
Roast Stuffed Leg of Lamb
Mint Jelly
Braised Celery Roast Potatoes
Fruit Trifle

NOTE: ¹ *Oyster Rarebit*: Remove and discard tough muscles from a can of oysters. Strain the liquor. Melt 2 tablespoons butter in a saucepan. Stir in 6 to 8 ozs. grated cheese of a mild flavour. Season with salt and cayenne pepper. Gradually stir in oyster liquor and 2 beaten eggs as cheese melts. When smooth, add oysters. Serve on hot toast. ² p. 24; ³ p. 17; ⁴ p. 166.

DECEMBER : SECOND WEEK

MONDAY

Breakfast

Stewed Prunes
Grilled Kidneys and Bacon
Toast Wheaten Rolls
Tangerine Marmalade
Tea or Coffee

Lunch or Supper

Cold Lamb Apricot Chutney
Scalloped Potatoes Cole Slaw¹
Queen of Puddings
Oatcakes Celery
Camembert Cheese

High Tea

Hot Mutton Pies
Lettuce Sandwiches
Oven Scones Malt Bread
Bath Buns Jap Cakes⁴
Devil's Food Cake⁵
Green Grapes

Dinner

Minestrone
Crab Croquettes
Grilled Gammon
Fried Pineapple Corn Pudding³
Butterscotch Pie
Dessert

TUESDAY

Breakfast

Orange Juice
Boiled Eggs
Oatcakes Toast
Gooseberry Jelly
Tea or Coffee

Lunch or Supper

Liver and Bacon
Riced Potatoes Braised Celery
Mince Pies
Biscuits Tomatoes
Stilton Cheese

High Tea

Grilled Herrings
Mustard and Cress Sandwiches
Malt Bread (L) Krapfen¹
Sultana Scones Coffee Buns
Orange Gingerbread
Coconut Biscuits
Pineapple

Dinner

Grapefruit
Braised Halibut
Roast Pheasant
Bread Sauce Fried Crumbs
Potato Straws
Stewed Cabbage⁶
Charlotte Russe

NOTE: ¹ *Krapfen*: Place 1 pint bread dough, when ready to mould, in a large bowl. Add $\frac{1}{2}$ teaspoon ground cinnamon, 2 ozs. butter, 1 cup castor sugar, $\frac{1}{2}$ nutmeg, grated, 2 eggs. Beat with hand till free from "strings." Add $\frac{1}{2}$ cup floured, shredded citron peel. Pour into a greased loaf tin. Cover. Stand in warm place till double its size. Bake about $\frac{1}{2}$ hour. ² p. 36; ³ p. 41; ⁴ p. 130; ⁵ p. 69; ⁶ p. 28.

DECEMBER: SECOND WEEK

WEDNESDAY

Breakfast

Black Grapes
Finnan Kedgerree
Toast Rolls
Damson Cheese
Tea or Coffee

High Tea

Pressed Beef Pickled Beetroot
Brown Bread Krapfen (L)
Chelsea Buns Queen Gems
Hawaiian Layer Cake
Custard Slices
Apples and Oranges

Lunch or Supper

Stewed Rabbit and Onions
Mashed Potatoes
Baked Fruit Roll
Vanilla Custard Sauce
Toast
Gorgonzola Cheese

Dinner

Oxtail Soup
Fried Sole Tartare Sauce
Rabbit Pie
Mashed Potatoes
Buttered Spinach
Fruit Salad
Cheese Soufflé

THURSDAY

Breakfast

Pineapple Juice
Spinach Omelet (L)
Oatcakes Toast
Grapefruit Marmalade
Tea or Coffee

High Tea

Liver Pâté Chicory Salad
Brown Bread Dough Cake
Treacle Scones⁴ Date Muffins
Praline Kisses¹
Cream Puffs
Dates and Tangerines

Lunch or Supper

Savoury Roly Poly²
Buttered Scotch Kale
Honeycomb Mould³
Stewed Dried Apricots
Biscuits Celery
Cheshire Cheese

Dinner

Cream of Green Peas
Baked York Ham
Roast Potatoes
Buttered Carrots and Peas
Cream Caramel
Mushrooms on Toast

NOTE: If preferred, substitute Pâté de Foie Gras for Liver Pâté. ¹ *Praline Kisses*. — Beat 1 egg white till stiff. Stir in $\frac{1}{2}$ teaspoon salt, 1 cup Barbadoes sugar, 1 cup chopped pecans. Drop from a spoon in small heaps, $\frac{1}{2}$ inch apart, on a greased tin. Bake slowly from $\frac{1}{2}$ to 1 hour. Cool slightly before removing to cake rack. ² p. 150; ³ p. 12; ⁴ p. 153.

DECEMBER: SECOND WEEK

FRIDAY

Breakfast

Stewed Apricots (L)
Fried Haddock Roes and Bacon
Toast Oatcakes
Quince Jelly
Tea or Coffee

High Tea

Sausages and Mash
Banana Sandwiches
Cocoa Bread Dough Cake (L)
Ginger Drops Doughnuts
Raspberry Cream Sandwich
Fruit Salad

Lunch or Supper

Cold Ham Mango Chutney
Stuffed Baked Potatoes²
Beetroot and Apple Salad
Rolls Watercress
Cheddar Cheese

Dinner

Potato Soup
Fried Hake Steaks
Anchovy Sauce
Braised Mutton Chops
Mashed Potatoes Swedes
Mince Tart

SATURDAY

Breakfast

Melon
Scrambled Eggs
Brown Rolls Toast
Lemon Marmalade
Tea or Coffee

High Tea

Tongue and Cress Rolls
Shrimp Sandwiches
Soda Bread Barm Brack
Royal Drops Swiss Buns
Tutti Frutti Macaroons
Ginger Cake
Figs and Nuts

Lunch or Supper

Tomato Juice Cocktail³
Irish Stew
Marmalade Pudding
Custard Sauce
Biscuits Celery
Cream Cheese

Dinner

Hors d'Œuvres
Turbot Florentine¹
Roast Stuffed Loin of Mutton
Stewed Cabbage⁴
Roast Potatoes
Strawberries-in-Jelly
Stuffed Dates

NOTE: ¹ *Turbot Florentine*.—1 lb. fillets of turbot; 6 tablespoons hot buttered spinach, 1½ tablespoons grated Parmesan, 1 cup cheese sauce, 1 glass water. Bake seasoned fillets in a covered fireproof dish with water for about 20 minutes. Drain. Place in buttered fireproof dish lined with spinach. Add sauce, then Parmesan. Grill till golden. Plaice, Sole, Brill, or any flat fish, can be cooked by same method. ² p. 19; ³ p. 22; ⁴ p. 28.

DECEMBER: THIRD WEEK

SUNDAY

Breakfast

Stewed Figs
Fried Sausages Apple Slices
Toast Rolls
Ginger Marmalade
Tea or Coffee

High Tea

Cauliflower Cheese^a
Ham and Celery Sandwiches
Malt Bread Crumpets
Flapjacks^d Jam Tartlets
Lime Curd Sandwich
Queen Drops
Dessert

Lunch or Supper

Curried Mutton^a Boiled Rice
Chicory Salad
Gooseberry Tart and Cream
Oatcakes
Leicester Cheese

Dinner

Clear Soup Espagnol
Roast Venison
Red Currant Jelly
Roast Potatoes Buttered Leeks
Pineapple Soufflé
Creole Rarebit
Dessert

MONDAY

Breakfast

Tangerine Juice
Grilled Kippers
Oatcakes Toast
Lime Marmalade
Tea or Coffee

High Tea

Scallops of Salmon
Tomato Sandwiches
Malt Bread (L)
Drop Scones
Madeleines Brownies^b
German Pound Cake
Rice Biscuits
Sliced Peaches

Lunch or Supper

Mutton Salad (L)
Baked Semolina Pudding
Steamed Prunes
Biscuits Celery
Stilton Cheese

Dinner

Cream of Mushroom
Cod Steaks au Gratin
Venison Mireton^c (L)
Creamed Potatoes
Buttered Green Peas
Steamed Cottage Pudding
Vanilla Sauce

NOTE: Add Scotch Angels ^a to Monday's dinner, if liked. ¹ *Venison Mireton*. — Slice 1 to 1½ lbs. cold venison thinly. Mince 2 rashers bacon and fry with ½ lb. chopped onions in 2 tablespoons melted butter. Season. Add 1½ teaspoons minced parsley. Place half the venison in a shallow buttered fireproof dish. Cover with half the onion. Repeat. Add ½ cup gravy and 1 tablespoon vinegar. Cover. Bake for ½ hour. ^a p. 92; ^b p. 53; ^c p. 129; ^d p. 166; ^e p. 24.

DECEMBER: THIRD WEEK

TUESDAY

Breakfast

Sliced Peaches
Bacon Omelet
Toast Milk Rolls
Honey
Tea or Coffee

Lunch or Supper

Ham Rarebit (L)
Celery and Lettuce Salad
Apple Dumplings Custard
Toast Tomatoes
Dutch Cheese

High Tea

Cornish Pasties
Brown Cress Sandwiches
Sultana Scones Welsh Pikelets
Queen Drops Ginger Nuts
Chocolate Cream Roll
Golden Plums

Dinner

Smoked Salmon
Grilled Steak and Onions
Fried Potatoes Béarnaise Sauce
Scalloped Tomatoes
Blackberry Fool
Scotch Woodcock

WEDNESDAY

Breakfast

Lemon and Orange Juice
Chipolatas Corn Fritters¹
Oatcakes Toast
Passion Fruit Marmalade
Tea or Coffee

Lunch or Supper

Rabbit Pie
Mashed Potatoes
Buttered Savoy
Tangerine Milk Jelly
Figs Stewed with Orange Juice
Biscuits Celery
Carraway Cheese²

High Tea

Welsh Rarebit
Celery Sandwiches
Treacle Scones⁴ Bran Muffins
Chocolate Gems
Walnut Gingerbread
Meringues
Pineapple

Dinner

Scotch Broth
Sole à la Portugaise¹
Roast Wild Duck
Wine Gravy
Orange and Lettuce Salad
Potato Straws Braised Celery
Chestnut Charlotte

NOTE: ¹ *Sole à la Portugaise*.—Slit down middle of one side of a large sole. Raise flesh to form pocket on either side of slit. Fill with $\frac{1}{2}$ oz. butter mixed with $\frac{1}{2}$ teaspoon each of anchovy essence and chopped parsley, 1 teaspoon minced shallot, cayenne to taste. Place in a shallow buttered fireproof dish. Lay alternate slices from 2 large tomatoes and 1 large onion down centre. Dab with 1 oz. butter. Sprinkle with 1 $\frac{1}{2}$ teaspoons each grated cheese and crumbs. Cover. Bake 10 minutes. ² p. 78; ³ p. 21; ⁴ p. 153.

DECEMBER: THIRD WEEK

THURSDAY

Breakfast

Stewed Prunes
Salmon Kedgeree (L)
Toast Brown Rolls
Damson Cheese
Tea or Coffee

High Tea

Potted Shrimps
Brown Bread Cress Rolls
Girdle Scones Crumpets
Walnut Gingerbread (L)
Maids of Honour
Jap Cakes⁴
Green Grapes

Lunch or Supper

Grilled Herrings and Chips
Mustard Sauce
Lemon Cream Pie
Oatcakes Radishes
Cheshire Cheese

Dinner

Rabbit Broth (L)
Lobster Newburg³
Steak and Kidney Pudding
Stewed Mushrooms
Creamed Potatoes
Compôte of Cranberries¹
Cream

FRIDAY

Breakfast

Pineapple
Poached Eggs Tomato Toasts
Oatcakes Toast
Grapefruit Marmalade
Tea or Coffee

High Tea

Devilled Eggs
Tunny Fish Sandwiches
Toast Orange Bread
Bath Buns Coburg Cakes
Pineapple Layer Cake
Shortbread Biscuits
Cream Slices
Tangerines and Dates

Lunch or Supper

Salmon Loaf⁵
Green Peas Riced Potatoes
Honeycomb Mould⁶
Steamed Dried Apricots
Biscuits Celery
Gorgonzola Cheese

Dinner

Mulligatawny Soup
Plaice au Gratin
Grilled Venison Steaks
Mushroom Relish²
Potato Chips Creamed Artichokes
Cream Caramel
Dessert

NOTE: ¹ *Compôte*.—Pick, wash, and drain 1 quart cranberries. Stew 5 minutes in covered pan with cold water to cover. Add 1 pint canned strawberries, 1 cup sugar. Stew 5 minutes. Chill. ² *Relish*.—Fry $\frac{1}{2}$ lb. chopped mushrooms in 2 tablespoons butter 2 minutes. Add $\frac{1}{2}$ cup chopped pimento, seasoning and 1 $\frac{1}{2}$ teaspoons chopped onion. When tender add 1 $\frac{1}{2}$ teaspoons minced parsley. ³ p. 34; ⁴ p. 130; ⁵ p. 107; ⁶ p. 12.

DECEMBER: FOURTH WEEK

SATURDAY

Breakfast

Green Grapes
Fried Bloaters
Toast Wheaten Rolls
Red Currant Jelly
Tea or Coffee

Lunch or Supper

Hake Pie
Apricot Betty
Almond Custard Sauce
Rolls Lettuce Salad
Stilton Cheese

High Tea

Grilled Kidneys
Tomato Sandwiches
Orange Bread (L)
Chelsea Buns Griddle Cakes
Sultana Cake Chocolate Eclairs
Apples and Nuts

Dinner

Hors d'Œuvres
Scalloped Oysters
Baked Hamburg Loaf
Sauté Potatoes
Buttered Artichokes
Cherries and Cream

SUNDAY

Breakfast

Bananas and Tangerines
Grilled Tomato Sausages
Oatcakes Toast
Heather Honey
Tea or Coffee

Lunch or Supper

Onion Soup
Pork Pie Pickles
Mixed Vegetable Salad
Baked Chocolate Pudding^a
Custard Sauce

High Tea

Sliced Hamburg Loaf
Celery Salad
Toast Waffles
Currant Buns Mince Pies
Sultana Cake (L)
Chocolate Hedgehog¹
Figs and Grapes

Dinner

Pâté de Foie Gras
Celery Melba Toast
Roast Pheasant
Bread Sauce Fried Crumbs
Potato Crisps Stewed Cabbage
Almond Trifle
Roes on Toast

NOTE: If you don't wish to serve Mince Pies till Christmas, substitute Bilberry Tartlets, pastry cases filled with drained canned bilberries. Top each with whipped cream. Garnish with chopped marrons glacés. ¹ *Chocolate Hedgehog*.—Cut an oblong sponge cake in 6 slices lengthwise. Sandwich together with chocolate butter icing. Ice top and sides with chocolate water icing. Spike thickly with strips of split blanched fried almonds. ^a p. 2.

DECEMBER: FOURTH WEEK

MONDAY

Breakfast

Grapefruit
Fried Kippers
Toast Rolls
Ginger Marmalade
Tea or Coffee

High Tea

Mock Crab
Malt Bread Muffins
Bath Buns Brownies¹
Sponge Sandwich Mocha Filling
Orange Cheese Cakes
Apricots

Lunch or Supper

Corned Beef Hash
Tomato and Onion Salad
Creamed Rice
Pineapple Slices
Biscuits Radishes
Dutch Cheese

Dinner

Tomato Soup
Roast Mutton Onion Sauce
Mashed Potatoes
Braised Celery
Charlotte Russe
Angels-on-Horseback

CHRISTMAS DAY EVE

Breakfast

Steamed Figs
Fried Bread, Bacon, Tomatoes
Oatcakes Toast
Passion Fruit Marmalade
Tea or Coffee

Lunch or Supper

Cold Mutton Piccalilli
Scalloped Potatoes
Pickled Beetroot
Caramel Apple Pudd'²
Custard Sauce
Toast Lettuce
Carraway Cheese³

Tea

Mutton Croquettes (L)
Mushroom Sandwiches
Malt Bread Jap Cakes⁴
Scotch Currant Bun
Walnut Biscuits
Tangerine Tartlets
Dates, Figs and Apples

Great Soup Cold
Dressed Crab
Roast Sirloin Scotch Beef
Yorkshire Pudding
Roast Potatoes
Buttered Sprouts
Cranberry Fool

NOTE: Add Dessert to Monday's Dinner and Biscuits, Celery and Stilton Cheese to Tuesday's, if liked. ¹ *Brownies*.—Beat 1 cup castor sugar and $\frac{1}{2}$ cup butter to a cream. Stir in 2 eggs, not beaten, 2 squares chocolate, melted, $\frac{1}{2}$ cup flour, 1 cup chopped walnuts and $\frac{1}{2}$ teaspoon vanilla essence. Bake for 20 minutes in a shallow greased baking tin in a fairly hot oven. Cut into squares when nearly cold. ² p. 48; ³ p. 21; ⁴ p. 130.

DECEMBER: FOURTH WEEK

CHRISTMAS DAY

Breakfast

Orange Juice
Cold Leg of Ham
Boiled Eggs
Toast Rusks
Heather Honey
Tea or Coffee

High Tea

Veal and Ham Pie
Mixed Vegetable Salad
Liver and Endive Sandwiches
Hot Buttered Toast
Christmas Cake
Pitcaithly Bannock
Grapes and Tangerines
Glacé Fruits

Lunch or Supper

Cold Beef Date Chutney
Pickled Red Cabbage
Cauliflower Salad
Mince Pies
Water Biscuits Curled Celery
Stilton Cheese

Dinner

Oysters
Clear Soup Espagnol
Roast Stuffed Turkey
Cranberry Jelly
Bread Sauce Cream Gravy
Roast Potatoes
Carrots and Green Peas
Plum Pudding Rum Butter
Dessert

BOXING DAY

Breakfast

Apples and Grapes
Egg and Bacon Scramble
Oatcakes Toast
Tangerine Marmalade
Tea or Coffee

High Tea

Kipper Toasts
Ham and Celery Sandwiches
Toasted Bath Buns
Dough Cake Mince Pies
Christmas Cake (L)
Shortbread
Compôte of Fruit

Lunch or Supper

Chicken Bouillon
Boar's Head Cold Beef
Beetroot and Onion Salad
Cauliflower Cheese¹
Fried Plum Pudding (L)
Brandy Custard
Tangerines Dates Figs

Dinner

Cream of Asparagus
Lobster au Gratin
Cold Turkey and Ham
Potatoes in their Jackets
Lettuce Salad
Trifle
Carlsbad Plums Elvas Plums
Grapes and Nuts

NOTE: Add Pâté de Foie Gras to Christmas Dinner after soup. ¹ p. 53.

DECEMBER: FOURTH WEEK

FRIDAY

Breakfast

• Mandarins
Grilled Sausages Fried Apples
Waffles and Maple Syrup
Tea or Coffee

Lunch or Supper

Turkey Salad (L)
Steamed Sponge Pudding
Cider Syrup¹
Toast Spring Onions
Cheese

High Tea

Turkey and Ham Croquettes (L)
Celery Sandwiches
Dough Cake (L) Brownies²
Christmas Layer Cake
Scotch Currant Bun
Black and Green Grapes

Hors d'Oeuvres
Grilled Sole Sauce
Jugged Hare
Red Currant Jelly
Riced Potatoes
Buttered Sprouts
Mandarin Trifle (L)

SATURDAY

Breakfast

Grapefruit Juice
Finnan Kedgerie
Toast Oatcakes
Lemon Marmalade
Tea or Coffee

Lunch or Supper

Fruit Cocktail (L)
Fish Pie
Apple Fritters
Biscuits Celery
Cheddar Cheese

High Tea

Hot Meat Pies
Celery and Cheese Rolls
Brown Bread Currant Buns
Christmas Cake (L)
Pitcaithley Bannock (L)
Chocolate Biscuits
Bananas

Dinner

Turkey Broth (L)
Turbot Florentine³
Stewed Veal Olives
Mashed Potatoes
Buttered Broad Beans
Cranberry Flan

NOTE: Add Dessert to Friday's Dinner and Cheese Soufflé to Saturday's, if liked. Make Fruit Cocktail with grapefruit and any Christmas fruit that should be used up. Use bridge rolls for Celery and Cheese Rolls. Serve either canned broad beans or freshly boiled string beans with the olives. Decorate Cranberry Flan with whipped cream to taste. ¹ Cider Syrup.—Dissolve 2 cups castor sugar in 1 cup cider. ² p. 166; ³ p. 161.

Special Menus



MEATLESS MENUS

WHEN planning any meatless menus, choose dishes containing ingredients equal in food value to dishes of meat, or to dishes in which meat is the principal ingredient, otherwise your meals will be badly balanced. When planning meatless menus for a day, make lunch or supper menus distinct from dinner ones, and vary them not only according to the season, but according to the contents of your store cupboard.

To plan meatless menus successfully, make certain cereals, cheese, eggs, milk, nuts and vegetables take the place of meat, and let vegetable stock, or the water in which vegetables have been cooked, take the place of meat stock.

To make *Vegetable Stock*, allow 1 lb. vegetables to 2 pints of water. Clean, peel and slice vegetables. Place in a saucepan with the cold water. Bring to boil. Cover and simmer for 3 hours. Strain before using.

When drawing up a meatless diet, remember also to include a liberal amount of fruit and green vegetables in your menus, as they not only build and maintain blood and bone, but regulate the body and provide it with roughage.

SUNDAY

Lunch or Supper

Scalloped Macaroni
Fruit Jelly and Cream
Biscuits
Watercress
Cream Cheese

Dinner

Cream of Green Peas
Fried Croûtons
Spanish Omelet
Lettuce Salad
Pineapple Trifle

NOTE: When watercress is not in season, substitute spring onions, celery, or radishes. If liked, set sliced banana, strained, diced peach or pear, or seeded grapes to taste in jelly. In cold weather, serve Apple Betty and cream in place of fruit jelly, and substitute steamed Marmalade Pudding for Trifle. When lettuce is unobtainable, serve crisped celery sticks instead.

MEATLESS MENUS

MONDAY

Lunch or Supper

Welsh Rarebit
Tomato and Onion Salad
Baked Apples and Custard
Cake and Coffee

Dinner

Grapefruit
Eggs Florentine¹
Butterscotch Pie
Mushrooms on Toast
Nuts

TUESDAY

Lunch or Supper

Curried Eggs
Boiled Rice
Pineapple and Cream
Oatcakes Cheese
Lettuce Salad

Dinner

Vegetable Broth
Walnut Cutlets²
Tomato Sauce
Buttered Green Peas
Fruit Roll and Cream
Cheese Biscuits³

WEDNESDAY

Lunch or Supper

Cauliflower Cheese⁴
Stewed Plums and Custard Sauce
Water Biscuits
Celery Cheese

Dinner

Fruit Cocktail
Italian Spaghetti
Celery Salad
Lemon Sponge⁵
Sliced Peaches and Cream
Stuffed Tomatoes

NOTE: ¹ *Eggs Florentine*. — Drop poached or steamed eggs on to a bed of spinach. Cover with cheese sauce. Brown under grill. ² *Walnut Cutlets*. — Mix $\frac{1}{4}$ lb. milled nuts with 2 oz. breadcrumbs, 1 tablespoon minced onion, seasonings to taste and 1 beaten egg. Egg, crumb and deep-dry. ³ *Cheese Biscuits*. — Spread unsweetened biscuits with cream cheese mixed with chopped onion, walnuts, parsley, pimento and Worcester sauce to taste. ⁴ p. 53; ⁵ p. 175.

MEATLESS MENUS

THURSDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Californian Pancakes	Cream of Celery
Tomato Sauce	Vegetable Shortcake
Buttered French Beans	Green Salad
Creamed Rice	Caramel Custard
Stewed Dried Apricots	Mandarin Fingers
Toast, Radishes and Cheese	Hot Cheese Straws

FRIDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Hors d'Œuvres ¹	Melon Ginger Marmalade
Welsh Cheese Pasties ²	Mock Fillets of Sole ³
Watercress	Caper Sauce Fried Mushrooms
Chocolate Blancmange	Sauté Potatoes
Banana Custard ⁴	Fruit Fool
Cake and Coffee	Stuffed Dates

SATURDAY

<i>Lunch or Supper</i>	<i>Dinner</i>
Mushroom Omelet	Cream of Asparagus
Fruit Salad and Cream	Curried Vegetables
Biscuits Watercress	Baked Potatoes in their Jackets
Camembert Cheese	Peach Flan
	Gruyère Titbits ⁵

NOTE: ¹ *Hors d'Œuvres*.—Serve egg mayonnaise with vegetable salad, radishes, and pickles. ² *Welsh Cheese Pasties*.—Fill hot pastry cases with Welsh Rarebit. ³ *Mock Fillets of Sole*.—Stir 4 ozs. semolina into 1 pint boiling milk. Add 1 oz. butter. Seasoning to taste. Stir till thick. Add 1 oz. grated cheese. Leave till cold. Shape into cakes. Egg, crumb and fry till golden. ⁴ p. 18; ⁵ p. 8.

COCKTAIL PARTY MENUS

I

Potato Crisps
Salted Almonds
Olives
Grilled Chipolatas
Tuna Fish Eclairs
Anchovy Canapés
Mushroom Sandwiches
Savoury Cheese Sandwiches
Ham and Cress Rolls

II

Celery Crisps
Salted Peanuts
Stuffed Dates
Sausage Rolls
Baltimore Cheese Fingers¹
Shrimp Cracknels
Liver Sandwiches
Chicken Salad Sandwiches
Tongue and Cress Rolls

III

Cheese Sticks
Deville Almonds
Stuffed Olives
Bacon Rolls
Savoury Patties
Smoked Salmon Titbits
Tomato Sandwiches
Shrimp Sandwiches
Guinea Salad Rolls

IV

Mushroomettes²
Salted Cashews
Toasties³
Sardine Pasties
Asparagus Rolls
Chipolatas
Crab Sandwiches
Welsh Rarebit Sandwiches
Venison Pâté Rolls

NOTE: Fill Eclairs with Tuna Mayonnaise. Garnish Canapés with a criss-cross of pimento strips. Stuff Dates with cream cheese, moistened cream, and mixed to taste with minced parsley, and onion or chives and Worcester sauce. Season.
¹ *Baltimore Cheese Fingers*.—Spread thinly rolled short-crust with egg yolk then with anchovy essence. Cover with flaked Finnan Haddock then with pastry. Mark in fingers and bake. Fill Cracknels with shrimp mayonnaise. Make bacon rolls with seasoned chicken liver or oysters. Fill bridge rolls with guinea fowl salad. ² *Mushroomettes*.—Stuff slowly fried mushrooms with creamed foie gras. Arrange each on a round of fried bread. Make Crab Sandwiches of brown bread. ³ *Toasties*.—Cover tiny rounds of pastry with minced smoked salmon. Garnish with chopped chives.

SLIMMING MENUS

IF you want to lose weight, you must pay strict attention to your diet. For the choice of your diet can make the difference between gaining or losing several pounds a week. There are various ways of losing weight with the help of diet. You can cut starch out of your menus, cut down the number of your meals, or allow yourself only half portions of your usual diet.

No matter which type of diet you choose, you should drink a glass of water an hour before each meal, and limit all liquids at meals to a small cup of soup, tea or coffee or half a glass of water. Unless following the "half portion" diet, avoid all highly-seasoned foods, sauces, sweets, cakes and pastries, and give up taking custard sauce or cream with fruit.

SUNDAY

Breakfast

- $\frac{1}{2}$ Grapefruit
- 2 Rashers Lean, Grilled Bacon
- $\frac{1}{2}$ slice Toasted Brown Bread
- $\frac{1}{2}$ Butter " "
- 1 cup Black Coffee
(No Sugar)

Lunch or Supper

- 1 cup Clear Soup
- $\frac{1}{2}$ slice Dry Toast
- Small Portion Cold Chicken
- Lettuce and Tomato Salad
- 1 slice Pineapple

Dinner

- Roast Lamb and Mint Sauce
- Buttered Spinach
- Junket
- Stewed Apples
- 1 roll Reducing Bread
- Lactic Cheese
- Celery

NOTE: If over forty, or following a sedentary occupation, omit Bacon from Breakfast, and one course from each of the other meals.

SLIMMING MENUS

MONDAY

Breakfast

- 1 glass Orange Juice
- One-Egg Omelet
- 1 Oatcake
- $\frac{1}{2}$ Butter Ball
- 1 cup Black Coffee (no Sugar)

Lunch or Supper

- Grilled Sole
- Cucumber Salad
- 1 Slice Crisp Rye Bread
- Fruit Jelly
- Cup of Tea

Dinner

- Vegetable Broth
- Cold Lamb
- Tomato and Onion Salad
- Orange Compôte
- 1 Sponge Finger

TUESDAY

Breakfast

- 4 Stewed Prunes
- 1 Grilled Kipper
- 1 slice Crisp Ryebread
- $\frac{1}{2}$ Butter Ball
- 1 cup Black Coffee (no Sugar)

Lunch or Supper

- 1 cup Tomato Soup
- Egg and Prawn Salad
- 1 Oatcake
- 1 Raw Apple

Dinner

- 1 slice Melon
- Small Grilled Steak
- Buttered Greens
- Grilled Tomatoes
- Raspberry Milk Jelly

NOTE: If over forty or following a sedentary occupation, omit Omelet and Kipper from Breakfasts, and one course from Dinners. Plaice or Trout can be substituted for Sole, and lettuce or curly endive for cucumber. Fruit Salad can be substituted for Jelly. Make Broth of vegetables in season, but no thickening should be added. Sometimes I would substitute grilled venison or a cutlet for the Steak, if repeating menu.

SLIMMING MENUS

WEDNESDAY

Breakfast

- 1 slice Pineapple
- Boiled Egg
- 1 slice Brown Bread
- $\frac{1}{2}$ Butter Ball
- 1 cup Black Coffee (no Sugar)

Lunch or Supper

- Brawn
- Green Salad
- Honeycomb Mould^a
- 5-6 Stewed Plums
- 1 cup Tea with Lemon

Dinner

- 1 cup Clear Soup
- 1 Grilled Cutlet and Tomato
- Brussels Sprouts or Kale
- Lemon Blancmange

THURSDAY

Breakfast

- 1 glass Orange Juice
- 1 rasher Grilled Bacon
- Fried Apple
- $\frac{1}{2}$ slice Dry Toast
- $\frac{1}{2}$ Butter Ball
- 1 cup Black Coffee (no Sugar)

Lunch or Supper

- 1 cup Tomato Soup
- Steamed Egg on Spinach
- 1 slice Gluten Bread
- 1 Pear

Dinner

- Boiled Silverside
- Asparagus Salad
- Stewed Cabbage
- Fruit Sponge¹
- Canned Mandarins
- 1 glass Lemonade

NOTE: If over forty or following a sedentary occupation omit Egg and Bacon from Breakfast and one course from Dinner. ¹*Fruit Sponge*.—Steep $\frac{1}{2}$ oz. gelatine and thinly pared rind of $\frac{1}{2}$ lemon or orange or 1 mandarin in $\frac{1}{2}$ pint water till soft, then stir over heat till gelatine is dissolved. Strain and cool. Beat 1 egg white to a stiff froth, gradually beat in juice of fruit used, 2 ozs. castor sugar and gelatine. Beat till set. If wanted for 4 persons use three times the quantities.

^a p. 12.

SLIMMING MENUS

FRIDAY

Breakfast

4 Stewed Figs (L)
Grilled Finnan Haddock
1 Oatcake
 $\frac{1}{2}$ Butter Ball
1 cup Black Coffee (no Sugar)

Lunch or Supper

Steamed White Fish
Tomato Sauce
Lettuce Salad
Junket
Sliced Peaches

Dinner

Baked Hamburg Loaf
Buttered French Beans
Baked Custard
Stewed Gooseberries
Celery 1 Wheaten Biscuit
Lactic Cheese

SATURDAY

Breakfast

Mandarins
1 Scrambled Egg
1 slice Crisp Rye Bread
 $\frac{1}{2}$ Butter Ball
1 cup Black Coffee (no Sugar)

Lunch or Supper

Pickled Herrings
Celery Salad
Stewed Dried Apricots
1 Sponge Finger

Dinner

1 cup Clear Soup
Roast Chicken
Green Peas or Spinach
Lettuce Salad
Fruit Compôte

NOTE: If over forty or following a sedentary occupation, omit Haddock and Egg from Breakfasts, and one course from Dinners. If liked, substitute any cold white fish, moistened with French dressing, for Pickled Herring, canned fruit for the Apricots, and fresh fruit for the Fruit Compôte.

FATTENING MENUS

BE very careful when planning a diet for putting on weight in case thinness is caused by anæmia, indigestion, or some other trouble. You can't switch a person who is out of condition suddenly on to a fattening diet and expect immediate improvement. *Normal diet should be gradually altered to the diet I'm giving. Sudden alteration might have a very bad effect.*

When planning menus, see that a quart of milk is allowed for per day, partly as a drink, and that cream is served with coffee, berries or cooked fruit. Serve meals regularly. If afternoon tea is wanted, offer brown or white bread, butter and honey or jam, lettuce or tomato sandwiches, and any kind of cake except iced cakes and pastry, such as petits fours, cheese cakes and tartlets.

SUNDAY

Breakfast

Sliced Peaches
Bacon and Eggs
Toast Butter Honey
Cocoa or Tea
(with Sugar)

Lunch or Supper

Cream of Tomato
Simple Galantine
Potato Salad
Banana Jelly
Whipped Cream

Dinner

Roast Stuffed Chicken
Bread Sauce
Roast Potatoes Green Peas
Pineapple Charlotte
Biscuits Celery Cheese

NOTE: Fry, poach or scramble eggs. Serve each portion on a round of fried bread. Make cocoa with milk. Serve toast at lunch or supper and dinner. Garnish potato salad with lettuce. Guinea fowl, pheasant, or turkey can be substituted for chicken. Serve radishes, spring onions or peeled tomatoes when celery is out of season, unless condition is caused by indigestion.

FATTENING MENUS

MONDAY

Breakfast

Orange Juice

Lunch or Supper

Macaroni Cheese

Salad

Butter

Marmalade

Baked Apples and Cream

Cocoa or Tea

(with Sugar)

Biscuits and Coffee

Dinner

Vegetable Broth

Cold Chicken and Ham (L)

Scalloped Potatoes

Beetroot Salad

Peach Trifle (L)

TUESDAY

Breakfast

Grapefruit

Bacon and Fried Potatoes

Rolls Butter Honey

Cocoa or Tea

(with Sugar)

Lunch or Supper

Fish Pie

Cucumber Salad

Stewed Figs Creamed Rice

Cake and Coffee

Dinner

Cream of Celery

Grilled Steak

Maître d'Hôtel Butter

Chip Potatoes Buttered Beans

Cream Caramel

NOTE: Make cocoa with milk. Include a cereal for Breakfast, if liked. If no chicken available, serve ham alone. If there are no peaches left over, make Trifle with sponge cake, jam and ratafia biscuits, etc. Serve rolls and butter with Lunch or Supper, and Dinner, and toast with Breakfast. If suffering from indigestion, substitute lettuce for cucumber in salad, and Spinach for Buttered Beans in Dinner menu.

FATTENING MENUS

WEDNESDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Stewed Figs (L)	Salmon Loaf ²
Grilled Sausages	Caper Sauce
Fried Apple Slices	Mashed Potatoes
Oatcakes Butter Marmalade	Date Pudding
Cocoa or Tea (with Sugar)	Biscuits Watercress Cheese

Dinner

Tomato Soup
Casserole of Liver and Onions ¹
New Potatoes Green Peas
Fruit Salad and Cream

THURSDAY

<i>Breakfast</i>	<i>Lunch or Supper</i>
Pineapple	Ham and Tongue
Grilled Bacon Scrambled Eggs	Cauliflower Cheese ³
Toast Butter Honey	Chocolate Blancmange
Cocoa or Tea	Sliced Bananas
(with Sugar)	Cake and Coffee

Dinner

Cream of Green Peas
Boiled Rabbit with Oatmeal Stuffing
Mashed Potatoes Buttered Kale
Summer Pudding ⁴

NOTE: Make cocoa with milk, and serve cereal at Breakfasts, if liked. ¹ *Casserole of Liver*.—Wash, skin and slice 1 lb. calves' liver. Season 2 tablespoons flour to taste with salt and pepper. Dip liver in flour. Place in a buttered casserole with 2 sliced onions. Melt 2 tablespoons butter or bacon fat and pour over liver. Cover closely. Bake in a hot oven, $\frac{1}{2}$ hour. Uncover. Bake slowly for 1 hour or until tender. ² p. 107; ³ p. 53; ⁴ p. 68.

FATTENING MENUS

FRIDAY

Breakfast

Stewed Prunes
Mushroom or Tomato Omelet
Rolls Butter Marmalade
Cocoa or Tea
(with Sugar)

Lunch or Supper

Grilled Herrings
Worcester Sauce
Fried Potatoes
Lemon Milk Jelly
Stewed or Canned Pears
Biscuits Tomatoes Cheese

Dinner

Scotch Broth
Grilled Lamb Cutlets
New Potatoes Creamed Spinach
Fruit Fool

SATURDAY

Breakfast

Orange Juice
Kedgerree
Toast Butter Honey
Cocoa or Tea
(with Sugar)

Lunch or Supper

Creole Risotto
Lettuce and Beetroot Salad
Tapioca Cream
Stewed Apricots
Eclairs and Coffee

Dinner

Kidney Soup
Roast Stuffed Veal
Roast Potatoes
Buttered Green Peas
Vanilla Ice Cream¹
Strawberries

NOTE: Make cocoa with milk and serve a cereal, if liked, at Breakfasts. Make Kedgerree with white fish. If suffering from indigestion, omit pimento from Risotto. Serve berries or stewed apples, if preferred, with tapioca. Substitute Asparagus or any cream soup for Kidney Soup, if liked, and a milk mould for Vanilla Ice Cream, when ice cream is not obtainable, or weather is cold. ¹ p. 72.

MENUS FOR BUSINESS GIRLS

IF you want to feel alert during business hours, you should have a substantial breakfast and evening meal, but only a light lunch. This is particularly important if you follow a sedentary occupation. If you're on your feet most of the day, you needn't be so careful.

The fact that you live on your own need make no difference. With the help of a gas ring and a tiny oven you can turn out an appetising meal if you like to take the trouble. If you have an electric table cooker, you have even more scope. You can then include grilled fare in your menus.

When planning your menus, substitute, if liked, meat and salad sandwiches, fresh fruit, cake and tea for luncheons suggested for Monday to Friday inclusive.

SUNDAY

Breakfast

Grapefruit
Pork Sausages
Fried Apples and Bread
Toast Butter Honey
Tea

Dinner

Casserole of Meat
(and Vegetables)
Mashed Potatoes
Fruit Trifle
Lemon Squash,
Coffee, Cocoa or Tea

Supper

Cream of Tomato Soup
Sliced Tongue Potato Salad
Biscuits Spring Onions
Cheese

NOTE: If you are living at home, substitute Roast Lamb, Mint Sauce, Roast Potatoes and Green Peas or French Beans for Casserole of Meat and Mashed Potatoes, and a Fruit Tart in season and cream if liked, for Trifle. When weather is hot, substitute Grilled Bacon and Scrambled Eggs for Sausages at Breakfast.

MENUS FOR BUSINESS GIRLS

MONDAY

Breakfast

Orange Juice
Boiled Eggs
Toast Butter Marmalade
Tea

Restaurant Lunch

Sardines on Toast
Stewed Fruit and Cream
Coffee

Home Dinner

Shepherd's Pie (L)
Buttered Peas
Banana Custard¹
Coffee, Cocoa or Tea

TUESDAY

Breakfast

Apple
Fried or Grilled Kipper
Rolls Butter Marmalade
Tea

Restaurant Lunch

Fried Fish and Chips
Lettuce Salad
Queen of Puddings
Orangeade

Home Dinner

Fried or Grilled Chop
Tomatoes Potato Crisps
Lemon Blancmange
Pineapple

NOTE: Make Shepherd's Pie with remainder of Sunday Casserole of Meat, and Lemon Cream from a packet of table cream mixture. If living at home, substitute Cold Lamb, Salad and Baked Potatoes in their Jackets, for Shepherd's Pie. If liked, substitute stewed fresh fruit or stewed dried Apricots or Figs for the Pineapple. Finish Dinner with Biscuits and Cheese, if liked. ¹ p. 18.

MENUS FOR BUSINESS GIRLS

WEDNESDAY

Breakfast

Pineapple (L)
Fried Bacon, Tomato and Bread
Oatcakes Butter
Marmalade
Tea

Restaurant Lunch

Steak and Kidney Pie
Buttered Greens
Boiled or Mashed Potatoes
Fruit Jelly
Coffee

Home Dinner

Creamed Salmon on Toast¹
Cucumber Salad
Fruit or Jam Tartlets
Coffee, Cocoa or Tea

THURSDAY

Breakfast

Stewed Figs
Fried Salmon Cakes (L)
Toast Honey Butter
Tea

Restaurant Lunch

Macaroni Cheese
Tomato Salad
Stewed Fruit and Custard
Chocolate Biscuits
Coffee

Home Dinner

Grilled or Fried Steak
Potato Crisps
Green Peas
Berries and Cream
Coffee, Cocoa or Tea

NOTE: Substitute Grilled Sausages and a rasher of Bacon for the Grilled Steak in Home Dinner, if liked, and canned or stewed fruit, for the berries. Finish, if liked, with oatcakes, radishes, or watercress, and cheese, and Lemon or Orangeade in hot weather. ¹ *Creamed Salmon*.—Flake canned salmon. Mix with equal quantity of well-seasoned white sauce. Serve on rounds of buttered toast.

MENUS FOR BUSINESS GIRLS

FRIDAY

<i>Breakfast</i>			<i>Restaurant Lunch</i>	
	Grapefruit		Grilled Herring	
	Scrambled Eggs		Chips	Mustard Sauce
Toast	Butter	Honey	Jellied Fruit	
	Tea		Coffee	

Home Dinner

Vegetable Broth
Grilled Kidneys and Bacon
Baked Beans
Dessert and Cake
Cocoa, Coffee or Tea

SATURDAY

<i>Breakfast</i>			<i>Restaurant Lunch</i>	
	Peaches		Welsh Rarebit	
	Stewed Finnan Haddock		Salad	
Rolls	Butter	Marmalade	Fruit Flan	
	Tea		Coffee	

Home Dinner

Stewed Rabbit¹
Mashed Potatoes
Pancakes
Toast Radishes Cheese
Coffee, Cocoa or Tea

NOTE: If living on your own, buy a portion of rabbit. ¹ *Stewed Rabbit*.—Brown joints in a little melted butter or dripping. Place in a saucepan. Add a sliced peeled onion, and the liquor drained from the remainder of the Vegetable Broth from Friday's Dinner. Cover and simmer slowly till tender. Season to taste with salt and pepper. Add vegetables from Broth. Thicken with a teaspoon cornflour dissolved in water.

MENUS FOR 6 PEOPLE

(AT 10/- PER HEAD)

WHEN planning menus, always try to arrange to serve a green vegetable or a salad once a day, as well as fresh fruit or tomatoes. You can have fruit for breakfast or supper, as you please, if funds won't rise to both.

The menus I'm giving you are suitable for any time of the year except the hottest days in summer, when simple cold sweets, such as Lemon Sponge, Honeycomb Mould, Fruit Jellies, Steamed or Stewed Rhubarb, etc., should be substituted for the hot sweets suggested. In the hot weather, also substitute sandwiches made with lettuce or tomato for hot crumpets, muffins or teacakes. If you find it hard to make ends meet, serve coffee only once or twice a week, and substitute cocoa or tea for coffee at supper. If High Tea is served instead of Tea and Supper, combine Tea and Supper Menus, but omit teabread to taste, and coffee.

SUNDAY

Breakfast

Grilled Bacon Fried Bread
Toast Marmalade
Tea

Tea

Brown and White Bread and
Butter Jam
Toasted Teacakes
Spiced Fruit Cake

Dinner

Roast Beef Yorkshire Pudding
Roast Potatoes
Buttered Greens
Apple Tart and Custard Sauce

Supper

Pork or Veal and Ham Pie
Mixed Vegetable Salad
Oranges
Cake and Coffee

NOTE: When you've any left-over boiled potatoes, fry and substitute for fried bread. Substitute Brussels Sprouts occasionally for Greens, and any fruit tart for Apple tart. Brawn, cold Silverside Jellied Shin of Beef, or Potted Head can take the place of Pork or Veal and Ham Pie. Serve potato and celery salad or Russian salad occasionally in place of Mixed Vegetable Salad.

TEN SHILLINGS PER HEAD PER WEEK

MONDAY

Breakfast

Boiled Eggs
Rolls Toast
Marmalade
Tea

Tea

Bread and Butter with Jam
Toasted Teacakes
Cheese Cakes
Gingerbread

Dinner

Cold Roast Beef
Baked Potatoes in their Jackets
Mashed Turnip
Chutney or Pickles
Baked Fruit Roll
Vanilla Sauce

Supper

Scotch Broth
Welsh Rarebit and Celery
Apples or Pears
Cake and Coffee

TUESDAY

Breakfast

Grilled Kippers
Oatcakes Toast
Marmalade
Tea

Tea

Bread and Butter with Jelly
Dough Cake
Yorkshire Parkin

Dinner

Haricot Mutton
Mashed Potatoes
Honeycomb Mould¹
Stewed Rhubarb

Supper

Grilled Herrings
Mustard Sauce
Toast and Butter
Banana Custard²
Cake and Coffee

NOTE: Substitute stewed Haddock's Roe for Grilled Kippers, if liked, and any Milk Mould for Honeycomb Mould. Lancashire Hot Pot or Casserole of Liver can take the place of Haricot Mutton, but in that case serve buttered Artichokes, Dandelions or Buttered Kale, as well as potatoes. Vanilla Sauce is sweet White Sauce, flavoured with Vanilla. Substitute any biscuits you like for Parkin. ¹ p. 12; ² p. 18.

TEN SHILLINGS PER HEAD PER WEEK

WEDNESDAY

Breakfast

Fried Sausages
Fried Bread and Apple Slices
Rolls and Butter
Marmalade
Tea

Dinner

Roast Mock Duck²
Roast Potatoes Buttered Leeks
Treacle Tart¹
Biscuits Spring Onions
Cheese

Tea

Toasted Crumpets
Bread and Butter with Honey
Rock Cakes

Supper

Spaghetti Cheese
Watercress
Fruit Jelly
Cake and Coffee

THURSDAY

Breakfast

Smoked Fish Kedgeriee
Toasted Brown Bread
Marmalade
Tea

Dinner

Scotch Collops
Mashed Potatoes Green Peas
Apple Dumplings

Tea

Toasted Muffins
Bread and Butter
Jam
Gingerbread

Supper

Scalloped Fish
Green Salad
Dessert
Cake and Coffee'

NOTE: Substitute, if liked, a Green Vegetable for the Leeks. Make Scallops of Fish with canned salmon or boiled white fish. ¹ *Treacle Tart*. — Roll $\frac{1}{2}$ lb. short crust out thinly and line a buttered pie plate. Decorate rim. Mix 3 ozs. fine bread-crumbs, with 8 tablespoons golden syrup and the strained juice and grated rind of 1 lemon. Spread evenly in case. Bake in a hot oven for $\frac{1}{2}$ hour. ² p. 35.

TEN SHILLINGS PER HEAD PER WEEK

FRIDAY

Breakfast

Scrambled Eggs
Toast Oatcakes
Marmalade
Tea

Dinner

Casserole of Meat
Boiled Potatoes
Stewed Cabbage¹
Cottage Pudding¹ Lemon Sauce¹

Tea

Bread and Butter
Currant Oven Scones
Jam
Strawberry Gems

Supper

Meat Loaf
Potato and Celery Salad
Oranges
Cake and Coffee

SATURDAY

Breakfast

Fried Salmon Cakes
Rye Rolls
Marmalade
Tea

Dinner

Steak and Kidney Pie
Mashed Potatoes
Buttered Beetroot
Stewed Fruit and Milk Jelly

Tea

Hot Buttered Toast
Bread and Butter
Honey
Swiss Roll
Ginger Nuts

Supper

Fried Fish and Chips
Tomato Sauce
Pineapple Slices
Cake and Coffee

NOTE: ¹ *Cottage Pudding*.—Beat $\frac{1}{2}$ cup margarine with $\frac{1}{2}$ cup castor sugar. Add a well-beaten egg. Sift $1\frac{1}{2}$ cups flour with $\frac{1}{2}$ teaspoon salt, and $2\frac{1}{2}$ teaspoons baking powder. Measure out $\frac{1}{2}$ cup milk. Add flour and milk alternately with butter and sugar. Pour into a shallow buttered tin. Bake in a hot oven, 375 deg. F. for $\frac{1}{2}$ hour. Serve with Lemon Sauce or Custard. ¹ p. 28; ² p. 15.

MENUS FOR CAMPERS

IT'S very difficult to give typical menus for campers. The number of meals and the kind of fare will depend entirely on whether you're moving on from day to day, or whether you have a standing camp, and on the kind of equipment you have.

Start the day with a good breakfast. If touring, eat a snack midday meal by the way, and have the main meal after pitching camp. If you've a standing camp, it's better to have your main meal in the middle of the day.

Don't forget a corkscrew, tin-opener, a long-handled fork, and a camp grate if you're to cook over a camp fire. Include in your stores some tins of canned milk and packets of oatcakes in case of emergencies, as well as canned soups, fruits and vegetables, marked (C) in menus. Shop by the way when touring.

SUNDAY

Breakfast

Apples

Fried Kippers

Bread Butter Marmalade

Tea or Coffee

Dinner

Fried Chops

Boiled Potatoes

Fried Tomatoes (C)

Fruit Salad

Cream or Custard Sauce

Biscuits Radishes Cheese

Supper

Cream of Mushrooms (C)

Tongue and Ham

Green Pea Mayonnaise (C)

Fresh Fruit and Tea

NOTE: If touring, have Tongue Sandwiches, made before striking camp and tied in a damp cloth, and fresh fruit, biscuits and beer or lemonade, bought by the way, as lunch instead of serving supper, and have Dinner at night. If High Tea is preferred to Supper, in a standing camp, omit Soup and Mayonnaise. Make Fruit Salad of apple, banana or canned mandarins. Add cake to the menu.

MENUS FOR CAMPERS

MONDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>	
Oranges			Chicken and Ham Roll (C)	
Scrambled Eggs			Baked Beans (C)	
			Watercress	
Bread	Butter	Honey	Lemon Cheese Tartlets	
Tea or Coffee			Tea	Shortbread

Dinner

Fried Steak and Onions
Boiled or Fried Potatoes
Macedoine of Vegetables (C)
Peaches and Cream

TUESDAY

<i>Breakfast</i>			<i>Lunch or Supper</i>	
Apples or Peaches (L)			Pressed Beef	
Boiled Eggs			Fried Potatoes	
			Lettuce and Tomato Salad	
Rolls	Butter	Marmalade	Fresh Fruit	
Tea or Coffee			Tea	Biscuits

Dinner

Cream of Tomato Soup (C)
Steak and Kidney Pie (*bought*)
Mashed Potatoes
Buttered Green Peas (C)
Stewed Apples and Cream

NOTE: If you don't want to cook potatoes for Tuesday's Lunch or Supper, mix cold sliced potatoes with mayonnaise and chopped onion to taste and serve instead. If unable to obtain a cooked Steak and Kidney pie and you have an oven, make a Casserole of Steak and Kidney. If not, substitute fried Kidneys, Bacon and Tomatoes or Mushrooms. Fresh fruit, cake and coffee can be substituted for Stewed Apples and Cream.

MENUS FOR CAMPERS

WEDNESDAY

Breakfast

Grapefruit
Fried Bacon and Eggs
Bread Butter
Marmalade
Tea or Coffee

Lunch or Supper

Pork or Mutton Pies (*bought*)
Egg and Watercress Salad
Meringues
Tea

Dinner

Mulligatawny Soup (C)
Sausages and Mash
Buttered Broad Beans (C)
Fruit Salad and Cream

THURSDAY

Breakfast

Oranges
Stewed Finnan Haddock
Rolls Butter Honey
Tea or Coffee

Lunch or Supper

Sardines
Pickled Beetroot
Potato Salad
Bananas
Cakes and Tea

Dinner

Cold Roast Beef or Pork (*bought*)
Hot Spaghetti Cheese
Lettuce Salad
Pineapple and Cream

NOTE: If touring, substitute Paste and Watercress Sandwiches and biscuits sandwiched with cheese, for Pork pie and Salad on Wednesday, and Sardine Sandwiches put together with watercress, for Sardines and Potato salad on Thursday. If liked, Dinner on both days can start with a canned soup. If any Sweet tempts you on the way, substitute it for the Fruit Salad or Pineapple.

MENUS FOR CAMPERS

FRIDAY

Breakfast

Apples
Fried Sausage Cakes
Potato Cakes
Bread Butter Honey
Tea or Coffee

Lunch or Supper

Scrambled Eggs and Green Peas
Fried Bread
Biscuits Spring Onions
Gorgonzola Cheese
Tea Tartlets

Dinner

Vegetable Broth (C)
Fried Liver and Bacon
Asparagus (C) Boiled Potatoes
Pears and Cream

SATURDAY

Breakfast

Grapefruit
Mushroom Omelet
Bread Butter Marmalade
Tea or Coffee

Lunch or Supper

Brawn
Lettuce and Tomato Salad
Egg Mayonnaise
Strawberries (C) and Bananas
Tea Biscuits

Dinner

Melon
Pork Chops and Apple Sauce
Fried Potatoes
Buttered Celery (C)
Jam Puffs

NOTE: Substitute Fried Potatoes, if liked, for Potato Cakes, and Tomatoes for Mushrooms in Omelet. If touring, substitute Meat Pasties and Spring Onions for Scrambled Eggs and Green Peas on Fried Bread and finish with fresh fruit, at Friday's Lunch, and Brawn and Tomato Sandwiches for Brawn and Lettuce, and Tomato Salad at Saturday's Lunch and finish with bananas and lemonade.

A WEEK'S MENUS FOR A WORKING MAN

WHEN planning menus for a working man who has to take a packed lunch, you must see that you introduce enough vegetables and fruit to his diet. The tendency usually is to provide too much starchy food. If it's sometimes impossible, owing to the state of your larder, to introduce enough variety into his lunch box, you should see that his hot meal at night makes up the deficiency in the lunch. To give you an example, if you are short of fruit and salad, and he is forced to put up with sandwiches and cake or biscuits for lunch, see that he has an extra supply of fruit and vegetables, or has salad as well as fruit and vegetables at his evening meal.

MONDAY

Breakfast

Bacon and Eggs
Fried Bread
Toast Butter Marmalade
Tea

Hot Meal

Toad in the Hole (L)
Green Vegetable
Fruit Tart Custard Sauce
Tea Gingerbread

Packed Lunch

Beef and Chutney Sandwiches
Cheese and Spring Onion
Sandwiches
Fresh Fruit

Supper

Bread and Cheese
Tomatoes
Cocoa or Beer

NOTE: Provide any fruit for lunch except Bananas. If there's no left-over beef to make Toad in the Hole, substitute Corn Beef Hash and Cabbage. If any Sweet is left from Sunday, substitute it for the Tart at Hot Meal and if very hungry, provide biscuits and cheese and omit Tea.

FOR A WORKING MAN

TUESDAY

Breakfast

Fried Kippers
Toast and Marmalade
Bread and Butter
Tea

Hot Meal

Fried Steak and Chips
Brussels Sprouts
Fried Onions
Rice Pudding
Stewed Apples
Tea
Ginger Nuts

Packed Lunch

Egg and Tomato Sandwiches
Ham Sandwiches
Fresh Fruit

Supper

Shrimps
Bread Butter
Watercress
Cocoa or Beer

WEDNESDAY

Breakfast

Fried Sausages and Apples
Toasted Brown Bread
Rolls Butter Marmalade
Tea

Hot Meal

Irish Stew
Green Vegetable
Steamed Batter Pudding
Tea
Cheese Cakes

Packed Lunch

Meat Pie
Watercress Sandwiches (L)
Fresh Fruit

Supper

Oatcakes and Cheese
Radishes
Cocoa or Beer

NOTE: Apples, Plums, Pears, dried Fruit, Rhubarb, etc., can be substituted for Stewed Apples, and any Green Salad for Watercress. Make Cheese Cakes at the same time as Pasties. If preferred, a Green Salad can be substituted for the Green Vegetable. Batter Pudding should be served with Fruit in preference to Jam.

FOR A WORKING MAN

THURSDAY

Breakfast

Boiled Bacon
Toast and Marmalade
Bread and Butter
Tea

Hot Meal

Steak and Kidney Pie
Mashed Potatoes Green Peas
Stewed Prunes and Custard
Tea
Fruit Cake

Packed Lunch

Cheese Sandwiches
Scotch Eggs
Tomatoes
Fresh Fruit

Supper

Potted Head
Pickles
Bread and Butter
Cocoa or Beer

FRIDAY

Breakfast

Fried Herring
Toast Marmalade
Bread and Butter
Tea

Hot Meal

Stewed Rabbit¹
Mashed Potatoes
Fruit Roly Poly
Tea
Cherry Cake

Packed Lunch

Sausage Rolls
Celery
Salad Sandwiches
Fresh Fruit

Supper

Fish and Chips
Watercress
Bread and Butter
Cocoa or Beer

NOTE: Cold Bacon and Onion sandwiches could be substituted for the Scotch Eggs. Serve Greens, if liked, instead of Green Peas, and Brawn instead of Potted Head. Dip Herring in flour then in oatmeal and milk before frying in bacon fat. Make Roly-poly with fruit in season, and substitute Tomatoes or Celery for Watercress, if liked. ¹ p. 184.

FOR A WORKING MAN

SATURDAY

Breakfast

Boiled Eggs
Toast Marmalade
Bread and Butter
Tea

High Tea

Bread and Butter
Jam
Currant Buns
Dripping Cake
Tea

Midday Dinner

Potato and Carrot Soup
Tripe and Onion Pie¹
Mashed Potatoes
Marmalade Pudding
Custard Sauce

Supper

Pork Pie
Bread and Butter
Stewed Plums and Custard
Cocoa or Beer

SUNDAY

Breakfast

Fried Liver, Bacon and Tomatoes
Toast Marmalade
Bread and Butter
Tea

Tea

Bread and Butter
Cheese and Watercress
Strawberry Jam
Raisin Cake
Tea

Midday Dinner

Roast Beef
Yorkshire Pudding
Roast Potatoes Greens
Apple Tart Custard Sauce

Supper

Cold Roast Beef
Piccalilli
Beetroot Salad
Stewed Dried Apricots
Custard Sauce (L)

NOTE: If liked, substitute Artichoke or Lentil soup for the Potato and Carrot, and any baked pudding for Marmalade Pudding. A boiled fowl with oatmeal stuffing, parsley sauce, mashed potatoes and greens can take the place of roast beef, if liked, and Macaroni cheese could be prepared on Saturday and served with the cold Roast Beef for Sunday Night Supper. ¹ p. 133.

FOURTEEN DINNER MENUS FOR YOUNG CHILDREN

IF you want your children to grow into sturdy, straight-limbed, clear-eyed young men and women, with good skins and perfect teeth, you must give them well-balanced meals, at regular intervals, and vary them as much as possible from day to day.

Include a quart of milk, partly in drink form, partly with cereals, and in the shape of sauce, soup, puddings, in the daily diet, and provide raw or cooked fruit, orange, prune or tomato juice, and a cooked green vegetable as well. Sometimes I'd include a cream of vegetable soup in the dinner menu, but not when serving soup at supper.

When bread and butter is called for, always serve brown bread, and offer cream or "top o' the milk" with cooked fruit and puddings without sauce. Don't allow children to drink water at dinner. Encourage them to drink a glass an hour beforehand. Limit all kinds of liquids, when children reach school age, to one cup at dinner.

When arranging menus, take into account the age of children. If 1 to 2 years old, one cup of cream of vegetable soup, or the yolk of a lightly-boiled egg, and one tablespoon of carrot or green pea purée, buttered spinach or mashed marrow, followed by a cup of warm milk and a slice of toast, is enough. Provide similar meals for children from 2 to 4 years, with the addition of a baked potato in its jacket served with a pat of butter, followed by a small portion of junket, milk jelly, creamed semolina or tapioca, or baked custard and apple sauce, steamed rhubarb or fruit purée.

When catering for children from 4 to 7 years, simple dinners which adults can share can be chosen, but the meal must be served at midday. The menus I'm giving are planned for children of this age. When soup isn't served, include a cup of warm milk, and give cream of vegetable or vegetable broth with toast at supper, which should be served at 6 p.m.

7 MENUS FOR COLD WEATHER

Sunday

Roast Lamb Mint Sauce
Roast Potatoes
Buttered Green Peas
Blackcap Pudding
Vanilla Sauce

Monday

Scotch Collops
Boiled Potatoes
Mashed Turnips
Apple Betty
Custard Sauce

Tuesday

Casserole of Liver¹
Riced Potatoes Brussels Sprouts
Baked Semolina Pudding
Stewed Dried Apricots

Wednesday

Haricot Mutton
Boiled Potatoes
Stewed Cabbage²
Treacle Tart⁴

Thursday

Baked Hamburg Loaf
Scalloped Potatoes
Buttered Greens
Eve's Pudding¹

Friday

Stewed Rabbit⁵
Mashed Potatoes
French Beans
Orange Fritters

Saturday

Stewed Steak and Dumplings
Boiled Potatoes
Buttered Kale
Baked Chocolate Pudding⁶

NOTE: When Brussels Sprouts are not in Season, substitute any Green vegetable. Guinea fowl can take the place of rabbit. ¹ *Eve's Pudding*.—Peel and slice $\frac{3}{4}$ lb. apples. Mix 2 tablespoons castor sugar with $\frac{1}{2}$ teaspoon ground cloves. Place $\frac{1}{2}$ the apples in a buttered pie dish. Sprinkle with spiced sugar. Cover with remainder of apples. Beat the weight of an egg in butter and sugar to a cream. Add beaten egg. Stir in its weight in flour. Pour over apples. Bake in a moderate oven till brown. ² p. 179; ³ p. 28; ⁴ p. 187; ⁵ p. 184; ⁶ p. 2.

7 MENUS FOR HOT WEATHER

Sunday

Melon
Roast Chicken Bread Sauce
Roast Potatoes
Buttered French Beans
Junket
Stewed Cherries

Monday

Cold Chicken and Ham
Lettuce and Tomato Salad
Baked Potatoes in their Jackets
Creamed Rice
Pineapple Slices

Tuesday

Steamed Halibut Egg Sauce
Mashed Potatoes
Buttered Spinach
Chocolate Blancmange
Bananas and Cream

Wednesday

Veal Galantine
Lettuce and Beetroot Salad
Brown Bread and Butter
Stewed Plums
Custard Sauce

Thursday

Creamed Sweetbreads
New Potatoes
Buttered Broad Beans
Strawberries and Cream
Sponge Fingers

Friday

Salmon Loaf with Parsley Sauce¹
Boiled Potatoes
Buttered Green Peas
Lemon Sponge
Steamed Gooseberries

Saturday

Casserole of Veal
Steamed Potatoes Cauliflower
Vanilla Ice Cream
Raspberries

NOTE: When children are young, substitute a green vegetable for Lettuce and Tomato Salad. When adults prefer cold meat, very young children can have a poached egg on spinach with creamed potatoes. Any white fish can be substituted for the Halibut, and Guinea Fowl can take the place of Chicken. If liked, substitute Stewed Knuckle of Veal with Rice and Beans for the Sweetbreads. Ring the changes between roast lamb, beef and veal with chicken for Sunday Dinners.

¹ p. 101.

SCHOOL LUNCH BOXES

I

Creamed Veal Sandwiches

Tomato Sandwiches

1 Apple

2 Chocolate Biscuits

$\frac{1}{2}$ pint Milk

II

Prune and Cheese Sandwiches

Egg and Cress Sandwiches

1 Orange

Raisin Gingerbread

$\frac{1}{2}$ pint Lemonade

III

Ham and Lettuce Sandwiches

Marmalade Sandwiches

1 gill Banana Jelly

1 Sponge Cake

$\frac{1}{2}$ pint Milk

IV

Cheese and Walnut Sandwiches

Steak and Tomato Sandwiches

1 Pear

1 Fruit Tartlet

$\frac{1}{2}$ pint Orangeade

V

Welsh Rarebit Sandwiches

Chicken and Lettuce Sandwiches

A few Berries

Wedge of Layer Cake

$\frac{1}{2}$ pint Milk

VI

Meat Pasty

Cheese and Celery Sandwiches

Wedge of Chocolate Cake

$\frac{1}{2}$ pint Lemonade

NOTE: When following the menus, provide number of sandwiches according to age and appetite of child. In cold weather, ring the changes between hot cocoa and soup in place of liquid suggested and take it in a vacuum flask. Use lightly seasoned White Sauce in place of Salad Dressing for young children, when making Veal, Steak and Chicken sandwiches. Use brown bread for first sandwich in each menu, and white for second. Always pack a few sweets in the lunch box.

INDEX AND PRONOUNCING GLOSSARY

HOW TO USE THIS INDEX.—The index has been included principally to enable the housewife to find menus built round a favourite, opportune or left-over food. To facilitate this, dishes or foods that are contained in breakfast, lunch, high tea and dinner menus are entered under the name of the food or dish, sub-divided into entries "Breakfast", "Dinner", "High Tea" and "Lunch". Menus which include dishes made from a left-over food are entered under the name of the food in a sub-entry "left-over, menu for using". Where the recipe for a dish is given in the Notes to a menu page, the reference is given in *italic numerals*, thus: 154. Cross references given in the index refer only to index entries.

THE PRONOUNCING GLOSSARY.—Where the pronunciation is not immediately understood from the spelling or where the spelling may be misleading, a complete phonetic re-spelling is given after the index entry. The word is broken into syllables as it is spoken and an accent mark (') follows the syllable on which the stress is placed. The notation used for the phonetic re-spelling is as follows:

ä mate	a pat	é there	th thin
e mete	e pet	ä father	th thine
i mite	i pit	e her	zh leisure
ö mote	o pot	aw awl	ch church
ü mute	u nut	oi oil	g get
öo boot	oo foot	ow owl	j jam

The French nasalised *n* is denoted by italicising the vowel and the nasal concerned, thus: *un*, *bon*, *vin*. The German modified *ö* and the similar French sound are denoted by *oe*, the German soft *ch* and *g* by *ch*, and the guttural *ch* (as in Scots "loch") by *ch*. The French *u* and the German modified *ü* are indicated by *ü*.

ALABAMA SALAD, 155.

Almond rings, 110.

— trifle, Dinner, 20, 99, 105.

American grill, Dinner, 64. Lunch, 111.

Anæmia, to avoid, xiv.

Angels on horseback, Dinner, 9.

— Scotch, Dinner, 24, 33, 40, 78, 97, 158.

Apple Betty, Dinner, 19, 141, 198.

— Lunch, 11, 72, 96, 110, 134, 153.

— dumplings, Dinner, 187.

— Lunch, 7, 44, 144, 163.

— fritters, Lunch, 8, 53, 91, 152, 168.

— mousse (mööö), Lunch, 103.

— Dinner, 120.

— pancakes, Lunch, 48, 55, 88, 117, 150.

Apple pudding, caramel, Lunch, 48, 166.

— Swiss, Lunch, 31, 123, 142.

— tart, Dinner, 1, 185, 196.

— Lunch, 43, 150.

— trifle, Dinner, 8.

Apples, baked stuffed, Dinner, 14, 51.

— Lunch, 125.

Apricot Betty, Lunch, 127, 165.

— flan, Lunch, 77, 144.

— fool, Dinner, 4.

— fritters, Dinner, 131.

— rice, Lunch, 114.

— soufflé (söö'flä), Dinner, 16, 69.

— pancakes, Dinner, 66, 73, 90, 106, 139, 150.

— tart, Lunch, 25.

INDEX AND

- April Fool, Dinner, 43.
 Artichokes, cream of, Dinner, 1, 27, 72, 135, 145, 158.
 Asparagus, cream of, Dinner, 25, 30, 38, 56, 76, 86, 96, 107, 149, 171.
 — Lunch, 71.
 — left-over, menu for using, omelet, 75.
 — omelet, Breakfast, 79. High Tea, 75.
 — scalloped, 112.
 Aubergine (ô'ber-zhên), fried, 105.

BACON, OMELET, Breakfast, 113.
 — High Tea, 54, 150.
 — shortcake, High Tea, 53, 152.
 Baden-Baden (bâ'den-bâ'den) clear soup, Dinner, 9.
 Bakestones, 43.
 Balanced meals, importance of, xiv-xvii.
 Baltimore cheese fingers, 172.
 Banana and strawberry compôte (kom'-pôt), 23.
 — custard, Dinner, 182. Lunch, 18, 64, 66, 75, 89, 104, 171, 186.
 — fool, Lunch, 11.
 — jelly, Lunch, 15, 88, 104, 177.
 — left-over, menu for, surprise, 128.
 — pudding, Lunch, 116, 122.
 — surprise, Lunch, 128.
 Batter pudding, baked, Lunch, 13, 22.
 Beans, purée (pû'râ) of, Dinner, 6.
 Beef, cold, Dinner, 40, 47, 68, 96, 108, 110, 117, 131, 152, 186, 191.
 — Lunch, 54, 81, 87, 167, 196.
 — corned, High Tea, 59. Lunch, 60.
 — hash, Lunch, 112, 166.
 — croquettes (krô-ket'), Lunch, 117.
 — curried, Lunch, 2, 110, 142.
 — galantine, High Tea, 127.
 — hash, Lunch, 96.
 — left over, menus for using, croquettes (krô-ket'), 117.
 — curried, 2, 110, 142.
 — hash, 96.
 — shepherd's pie, 8, 87, 96.
 — terrapin, 47, 131.
 — Toad in the Hole, 193.
 — olives, Dinner, 18, 108, 118, 157.
 — pressed, High Tea, 5, 17, 34, 106, 160. Lunch, 56, 74, 143, 190.
 — roast, Dinner, 1, 8, 39, 46, 53, 60, 67, 81, 86, 95, 102, 109, 116, 130, 145, 151, 166, 185, 196.
 — terrapin, Lunch, 47, 131.
 Beetroot, cream of, Dinner, 52, 128.
 — creamed, 145.
 Belgian rice, Lunch, 3.
 Berry blancmange, Dinner, 23.
 — roll, Dinner, 40.
 Bilberry fool, Dinner, 22.
 Black butter, 65.
 Black currant cream, Dinner, 91, 157.
 — flan, Dinner, 80. Lunch, 95.
 — fool, Dinner, 90, 108.
 — jelly, Lunch, 118.
 — summer pudding, Lunch, 105.
 Blackberry flan, Dinner, 104, 122.
 — fool, Dinner, 163.
 Blackcap pudding, Dinner, 198.
 — Lunch, 4, 113, 131, 139, 156.
 Blancmange (bla-mawnz'), various, Dinner, 48, 199. Lunch, 6, 64, 66, 75, 78, 89, 104, 125, 136, 148, 171, 179.
 Bloaters, Breakfast, 5, 32, 165.
 Boar's head, Lunch, 167.
 Bobitee (bob'i-tê), Lunch, 118.
 Body-building foods, xv.
 Brain snacks, High Tea, 101. Lunch, 47.
 Brawn, High Tea, 7, 14, 32, 40, 57, 69, 96, 117, 142.
 — Lunch, 95, 106, 115, 175, 192.
 Bream à la Portugaise (por-tû-gâz'), Dinner, 25, 102.
 — macedoine (ma'se-doin) of, High Tea, 88, 118.
 — sea, baked stuffed, Dinner, 17, 83, 110, 131, 150.
 — pie, Dinner, 49.
 Brill, fried, Dinner, 47, 93, 129, 142, 149.
 — scallops, Dinner, 6, 157.
 Brown soup, Dinner, 15, 18, 34, 56, 61, 131.
 Bubble and squeak, Lunch, 24.
 Buck rarebit, High Tea, 6, 143, 154.
 Business girls, menus for, 182-184.
 Buttercups, High Tea, 146.
 Butterscotch pie, Dinner, 59, 75, 102, 106, 159, 170.
 — pudding, Dinner, 20, 47.
 — Lunch, 73, 133, 140, 156.
 — tartlets, Dinner, 127.
 — trifle, Dinner, 25.

CABBAGE AU GRATIN (ô grâ'tun).
 155.
 — stewed, 28.
 Cabinet pudding, cold, 139.
 Californian pancakes, Lunch, 171.
 Calves' tongues, braised, Dinner, 56.
 Campers, hints to, 189.
 — menus for, 189-192.
 Canned foods, use of, xii-xiii.
 Caramel custard, Dinner, 171.
 Carbohydrates, xiv-xvi.
 Carraway cheese, 21.
 Carrot salad, 47.

PRONOUNCING GLOSSARY

- Carrots, cream of, Dinner, 47.
 — — — Lunch, 57.
 Cauliflower cheese, Dinner, 4, 8, 40, 71, 78, 110, 125. High Tea, 162.
 — — — Lunch, 31, 53, 167, 170, 179.
 — cream of, Dinner, 138, 155.
 — Mimosa, 98.
 Celery, cream of, Dinner, 48, 77, 114, 142, 171, 178. Lunch, 32, 64, 127.
 — stuffed, 26.
 Celestine (säl'es-tēn) pancakes, Dinner, 34.
 Charlotte Russe (rüsa), Dinner, 32, 49, 54, 60, 112, 136, 159, 166.
 Cheddar canapés (ká'ná-pá), 19.
 Cheese biscuits, 170.
 — caraway, 21.
 — fingers, Baltimore, 172.
 — potted, 74.
 Cherry Betty, Lunch, 24, 130.
 — Cottage pudding, Lunch, 37.
 — flan, Dinner, 69, 93, 119.
 — tart, Lunch, 128, 149.
 — tartlets, Dinner, 35. Lunch, 18, 57.
 Chesham tart, Dinner, 146, 153.
 — — — Lunch, 40, 115.
 Chestnut Charlotte (shar'lot), Dinner, 163.
 — soup, Dinner, 4.
 Chicken and ham roll, Lunch, 190.
 — boiled, Dinner, 23, 31, 42, 73, 90, 104, 112, 155.
 — breasts, creamed, Lunch, 71.
 — broth, Dinner, 32, 74, 105, 124.
 — — — Lunch, 39, 55.
 — casserole (kass'er-öl) of, Dinner, 30, 66.
 — cold, Dinner, 199. Lunch, 173.
 — fried, Dinner, 41.
 — grilled, Dinner, 69, 93, 100.
 — left-over, menus for, broth, 55, 124.
 — — croquettes (krö-ket'), 24.
 — — — curry, 124.
 — — — giblet soup, 24.
 — — — liver rolls, 3, 55, 90, 124, 141.
 — — — ramekins (ram'e-kinz), 156.
 — — — salad, 90, 113.
 — — — liver rolls, Dinner, 3, 55, 141.
 — — — High Tea, 90, 124.
 — — — ramekins (ram'e-kinz), Lunch, 156.
 — roast, Dinner, 2, 55, 123, 133, 176, 177, 199.
 — salad, Lunch, 90, 105, 113.
 Children, diet for, 197.
 — dinner menus for, 198-199.
 — milk for, xvi, 197.
 Chocolate Bavaois (bá'vár-wá), Dinner, 117.
 — blancmange (bla-mawnz'), Dinner, 48, 199. Lunch, 6, 64, 66, 75, 89, 125, 136, 148, 171, 179.
 — Charlotte (shar'lot), Dinner, 87, 97, 146.
 — cream pie, Dinner, 13, 60, 112.
 — creams, Dinner, 38, 63, 107.
 — hedgehog, 168.
 — ice-cream, Dinner, 86, 118.
 — mousse (möös), Dinner, 57, 70, 88, 105, 153.
 — pudding, baked, Dinner, 2, 103, 111, 115, 138, 198. Lunch, 29, 155, 165.
 — — steamed, Dinner, 7.
 — — — Lunch, 45, 67.
 — sauce, 61.
 — soufflé (sóó'flä), Dinner, 18, 28, 55, 79, 150.
 — trifle, Dinner, 42.
 — wafers, 102.
 Cider syrup, 168.
 Clear soup, Dinner, 43, 45, 49, 68, 87, 126, 143, 175, 176. Lunch, 173.
 — — Baden-Baden (bá'den-bá'den), Dinner, 9.
 — — Colbert (col'bér), Dinner, 12, 35.
 — — Espagnol (es-pá'nyol), Dinner, 119, 167.
 Cock-a-leekie, Dinner, 132.
 Cocktail party, menus, 172.
 Cocos blancmange (bla-mawnz'), Lunch, 104.
 — kisses, High Tea, 37, 49.
 — pie, Dinner, 31.
 Cod, boiled, Dinner, 153. Lunch, 7.
 — steaks, Dinner, 26, 138.
 — — — Lunch, 80, 111.
 — — au gratin (ö grá'tin), Dinner, 23, 70, 162.
 — — baked stuffed, Dinner, 119.
 Cod's roe, Breakfast, 34, 139, Lunch, 22.
 — — — curried, Dinner, 155.
 Coffee creams, Dinner, 37, 58, 152.
 — — — Lunch, 73.
 — ice-cream, Dinner, 84, 123.
 Colbert (col'bér), clear soup, Dinner, 12, 35.
 Cole slaw, 36.
 College pudding, Lunch, 135, 141.
 Collops, Scotch, Dinner, 93, 153, 187, 198. High Tea, 20. Lunch, 9, 14, 27, 43, 63, 84, 110, 140.
 — — left-over, menu for using, au gratin (ö grá'tin), 94.
 Constipation, to avoid, xiv-xvi.
 Cooking, order of, xvii-xviii.
 Corn, cream of, Dinner, 39, 45, 104, 116, 156.
 — fritters, Breakfast, 36, 78, 91, 94.

INDEX AND

- Corn fritters, Dinner, 8, 26.
 — pudding, Lunch, 41.
 — scramble, Lunch, 151.
 Cornflour blancmange (bla-mawnz),
 Lunch, 150.
 Cornish pasties, High Tea, 138, 163.
 — — Lunch, 45.
 Corrective foods, xv-xvi.
 Cottage pudding, Dinner, 162, 188.
 — — Lunch, 13, 56, 157.
 — — cherry, Lunch, 37.
 — puddings, Dinner, 5.
 Crab croquettes (krô-ket'), Dinner, 5,
 28, 76, 159.
 — dressed, Dinner, 166. Lunch, 36, 149.
 — mayonnaise (mā-on-āz'), High Tea,
 114.
 — mock, High Tea, 166.
 — rarebit (rab'it), High Tea, 12.
 — salad, High Tea, 137.
 — scalloped, Dinner, 92, 120.
 — — High Tea, 46, 85, 112. Lunch, 66.
 Cranberry compôte (kom'pôt), 164.
 — flan, Dinner, 168.
 — fool, Dinner, 166.
 Crawfish au gratin (ô grâ'tin), Dinner,
 141.
 — mayonnaise (mā-on-āz'), Dinner, 51.
 — tails Newburg, Dinner, 154.
 Cream caramel, Dinner, 11, 28, 36, 46,
 63, 67, 72, 77, 81, 94, 100, 109, 113,
 126, 137, 143, 149, 156, 160, 164,
 178.
 — dressing, 122.
 — sauce, sweet, 7.
 — — savoury, 151.
 Creole rarebit (crê'ôl rab'it), Dinner,
 162.
 — Risotto (riz-ot'ô), Lunch, 180.
 Curries, various, Breakfast, 40, 56, 118,
 145.
 — — Dinner, 16, 92, 117, 155.
 — — High Tea, 12, 42, 60, 148, 154.
 — — Lunch, 25, 29, 32, 67, 124, 151,
 162, 170.
 Custard, baked, Dinner, 37, 50, 176.
 — — Lunch, 31, 69, 92, 110, 128, 137,
 144, 149, 158.
 — sauce, orange, 10.
 DATE PUDDING, Dinner, 9, 24.
 — — Lunch, 17, 179.
 Devil's Food cake, 69.
 Dissolvents, xv-xvi.
 Doncaster pie, Lunch, 141.
 Duck, curried, Dinner, 117. Lunch, 29.
 — left-over, menus for using, curried, 29.
 — — moulds, 37.
 Duck, mock, Dinner, 35, 65, 187.
 — moulds, Dinner, 57.
 — roast, Dinner, 28, 46, 57, 70, 88,
 102, 116, 137.
 — — wild, Dinner, 163.
 Duckling, roast, Dinner, 77.
 Dundee cake, 93.
 EAST WIND, Dinner, 144.
 Economy hints, xvii.
 Egg and pimento (pi-men'tô) scramble,
 53.
 — dishes, Breakfast, 1, 5, 7, 8, 10, 11,
 12, 14, 15, 17, 18, 20, 23, 25, 26,
 31, 33, 34, 38, 40, 42, 44, 46, 49,
 50, 51, 53, 54, 58, 61, 62, 64, 65,
 66, 69, 71, 73, 75, 77, 82, 84, 85,
 87, 89, 90, 91, 95, 97, 100, 102, 103,
 104, 106, 109, 111, 113, 114, 116,
 119, 120, 123, 125, 128, 129, 132,
 133, 134, 136, 138, 141, 145, 146,
 147, 149, 152, 156, 159, 161, 164,
 167, 174, 176, 177, 178, 179, 182,
 184, 190, 191, 193, 196. Dinner, 46.
 High Tea, 1, 3, 5, 6, 9, 13, 14,
 18, 25, 26, 29, 32, 38, 42, 47, 52,
 61, 62, 68, 70, 72, 77, 84, 87, 91,
 93, 107, 117, 127, 129, 138, 148,
 154, 155, 164. Lunch, 16, 25, 36, 56,
 67, 80, 103, 122, 131, 170, 175, 192.
 Eggs, Florentine (flor-en-tên), Dinner,
 170. Lunch, 36, 52.
 — Russian, Dinner, 46.
 Energy, foods for, xv.
 Espagnol (es-pā'nyol), clear soup, Din-
 ner, 119.
 Eve's pudding, Dinner, 198. Lunch, 140.
 FAIRY PUDDING, Dinner, 39.
 — — Lunch, 90.
 Farina (fa-ré'na) mould, Lunch, 101.
 Fats, xiv-xvi.
 Fattening diet, 177.
 Fig pudding, Lunch, 121, 154.
 — tapioca, Lunch, 63, 76.
 Finnan croûtes (krôôt), Dinner, 103.
 — — High Tea, 9, 50, 88, 139, 151.
 — haddock, Breakfast, 8, 14, 24, 29, 36,
 55, 65, 73, 80, 85, 99, 102, 115,
 124, 131, 176, 184, 191.
 — — Lunch, 44, 123.
 — kedgerree (ked-ger-ê'), Breakfast, 19,
 33, 42, 59, 72, 75, 84, 94, 109, 121,
 142, 155, 160, 168.
 Fish and chips, High Tea, 3, 28, 36,
 37, 63, 97, 101, 106, 123, 137, 150.
 — — Lunch, 2, 73, 144, 154, 182, 188,
 195.

PRONOUNCING GLOSSARY

- Fish au gratin** (ô grá'tin), Dinner, 9.
 — cakes, Breakfast, 7, 13, 49, 57, 83, 135, 143. Dinner, 90, 111.
 — croquettes (krô-ket'), Lunch, 5.
 — in batter, fried, High Tea, 75.
 — left-over, menu for using, cakes, 7.
 — mayonnaise (mā-on-āz'), High Tea, 67.
 — pie, High Tea, 55, 66, 116.
 — Lunch, 17, 42, 76, 84, 118, 136, 147, 168, 178.
 — Russian, Dinner, 48.
 — — High Tea, 76.
 — — Lunch, 79, 105, 114, 138, 157.
 — scalloped, Lunch, 187.
Flapjacks, 129.
Florentine (flor'en-tēn) eggs, Dinner, 170. Lunch, 32, 56.
Florentines (flor'en-tēnz), 30.
Flounders, Dinner, 124.
Flummery, Lunch, 124.
Food allowance, to divide, xvi.
French bean salad, 119.
Fruit cocktail, 46.
 — flan, Dinner, 14. Lunch, 184.
 — fool, Dinner, 171, 180.
 — jelly, Dinner, 174. Lunch, 169, 183.
 — roll, Dinner, 170, 186. Lunch, 7, 160.
 — roly-poly, Dinner, 195.
 — sponge, Dinner, 24, 175.
 — trifle, Dinner, 148, 151, 158, 181.
GAMMON, grilled, Breakfast, 80, 93, 109, 121, 147.
 — — Dinner, 159. Lunch, 65.
Giblet soup, Dinner, 24, 125.
Ginger pudding, Dinner, 15.
 — wafers, 99.
Gingerbread pudding, Lunch, 21, 42.
Gingersnap pudding, Lunch, 33.
Goose, cold, Lunch, 50.
 — devilled legs of, Lunch, 125.
 — left-over, menus for using, devilled legs, 125.
 — — giblet soup, 125.
 — — Spanish meat loaf, 125.
 — roast, Dinner, 49, 123.
Gooseberry flan, Lunch, 37.
 — fool, Dinner, 27, 59, 93.
 — roly-poly, Lunch, 20.
 — tart, Dinner, 33, 62, 66, 71, 82, 120, 142, 162.
 — tartlets, Dinner, 83. Lunch, 46.
Grape jelly, Lunch, 4.
 — tartlets, Dinner, 41.
Green pea, cream of, Dinner, 2, 51, 60, 81, 94, 99, 122, 133, 160, 169, 179.
 — purée (pū'ra), Dinner, 34, 154.
Greengage fool, Dinner, 121, 135.
Greengage jelly, Lunch, 32.
 — milk jelly, Lunch, 124.
 — tart, Dinner, 97, 117. Lunch, 112.
Grill, mixed, Dinner, 156.
Ground rice mould, Lunch, 23, 41, 53, 67, 75, 88, 95, 109, 121, 139.
Grouse, casserole (kass'er-ôl) of, Dinner, 108.
 — roast, Dinner, 112, 122.
Gruyère (grü'yēr) tit-bits, 8.
Guests, unexpected, xii-xiii.
Guinea fowl, casserole (kass'er-ôl) of, Dinner, 12, 22, 52, 79.
 — — croquettes (krô-ket'), Dinner, 91.
 — — left-over, menus for using, croquettes (krô-ket'), 91.
 — — salad, 22.
 — — pot-roast of, Dinner, 84.
 — — roast, Dinner, 104, 153.
 — — salad, Lunch, 22.
 — — Voisin (vwā'zin), Dinner, 44, 91, 115.
Gurnet (ger'net), scalloped, Dinner, 147.
HADDOCK, baked, Dinner, 123.
 — — High Tea, 5, 69, 135. Lunch, 42.
 — Finnan, see FINNAN HADDOCK.
 — fried, Dinner, 125.
 — kedgeriee (ked-jer-ē'), Breakfast, 61.
 — roes, Breakfast, 160.
 — scalloped, High Tea, 107.
 — soup, Dinner, 23.
Haggis, Scotch, High Tea, 21.
 — — Lunch, 126, 144.
Hake, Dinner, 14, 114. Lunch, 30.
 — pie, Lunch, 168.
 — scalloped, High Tea, 67, 120.
 — steaks, fried, Dinner, 161.
Halibut, boiled, Dinner, 16, 20, 30, 38, 61, 65, 74, 80, 86, 109, 136, 199.
 — braised, Dinner, 159.
 — Florentine (flor'en-tēn), Dinner, 146, 152.
 — Mornay, Dinner, 98.
 — steaks au gratin (ô grá'tin), Dinner, 144.
Ham, Breakfast, 78, 85, 167.
 — High Tea, 23, 36, 157.
 — Lunch, 12, 76, 78, 80, 89, 97, 106, 120, 126, 135, 137, 160, 179, 189.
 — à la king, High Tea, 33.
 — — Lunch, 55, 58, 81, 124.
 — and egg pie, High Tea, 76, 81, 93.
 — baked, Dinner, 8, 23, 160. Lunch, 134.
 — grilled, Breakfast, 6. Lunch, 85.
 — jellied, High Tea, 38.
 — left-over, menus for, à la king, 81.
 — — loaf, 134.

INDEX AND

- Ham, left-over, omelet, 9, 24.
 — rarebit (rab'it), 163.
 — loaf, Breakfast, 22. High Tea, 22, 130. Lunch, 130.
 — omelet, Breakfast, 9, 24, 60, 68, 81, 110, 117, 138.
 — rarebit (rab'it), Lunch, 163.
 Hamburg loaf, Dinner, 51, 70, 154, 168, 176, 198. High Tea, 77, 149, 168.
 — Lunch, 92, 129, 148, 155.
 — steaks, Dinner, 24, 33, 42, 74, 138.
 — High Tea, 61. Lunch, 18, 98, 120.
 Hare, jugged, Dinner, 5, 114, 136, 145, 168. Lunch, 156.
 — left-over, menus for, paste, 126, 146.
 — soup, 136.
 — paste, High Tea, 126, 146.
 — soup, Dinner, 115, 125, 136, 156.
 Haricot bean purée (pū'rā), Dinner, 36, 147.
 — beans, buttered, 15.
 — mutton, see MUTTON, HARICOT.
 Hawaiian (ha-wi'an) cabbage salad, 122.
 Hazel hen, casserole (kass'er-ōl) of, Dinner, 86.
 — roast, Dinner, 21, 50.
 Heat supplying foods, xv.
 Herring, fried or grilled, Breakfast, 28, 38, 52, 60, 88, 95, 97, 120, 140, 153, 195. Dinner, 1, 36, 115, 136, 155. High Tea, 6, 14, 33, 41, 72, 82, 98, 110, 159.
 — Lunch, 24, 48, 55, 61, 69, 77, 109, 123, 128, 146, 164, 180, 184, 186.
 — pickled, High Tea, 103.
 — Lunch, 152, 176.
 — smoked, High Tea, 87.
 — canapés (kā'nā-pā), Dinner, 47.
 Honeycomb mould, Dinner, 12, 186.
 — Lunch, 9, 25, 34, 42, 59, 62, 65, 72, 74, 79, 83, 96, 108, 118, 130, 138, 150, 156, 160, 164, 175.
 Hors d'Œuvres (or-dævr'), 47, 78, 93, 104, 171.
 Hotch-potch, Dinner, 90, 100, 135.
 Hot-pot, Lancashire, Dinner, 41, 111, 140. Lunch, 49, 59, 157.
 — mutton, Dinner, 10.
 ICE-CREAM, chocolate, Dinner, 86, 119.
 — coffee, Dinner, 84, 123.
 — strawberry, Dinner, 80, 90.
 — vanilla, Dinner, 61, 65, 68, 72, 76, 79, 81, 88, 98, 102, 108, 180, 199.
 — Lunch, 122.
 Irish stew, Dinner, 194. Lunch, 23, 38, 129, 140, 147, 153, 161.
 JAM OMELET, Dinner, 19, 125, 135.
 Jellies, various flavours, Dinner, 21, 45, 77, 119, 174. Lunch, 4, 15, 41, 79, 85, 88, 104, 107, 118, 169, 177, 183.
 Junket, Dinner, 173, 199. Lunch, 44, 46, 50, 51, 54, 70, 74, 82, 84, 92, 94, 100, 101, 106, 112, 126, 136, 176.
 KEDGEREE (ked-jeer-ē'), Breakfast, 2, 10, 19, 26, 33, 42, 48, 59, 61, 70, 72, 75, 84, 94, 100, 105, 108, 113, 121, 129, 142, 150, 155, 160, 164, 168, 180, 187.
 Kenya Rings, 38.
 Kidney and mushroom toasts, High Tea, 97.
 — omelet, Breakfast, 30, 36.
 — Dinner, 44. Lunch, 93.
 — soup, Dinner, 17, 37, 67, 79, 95, 102, 137, 141, 153, 180. Lunch, 25.
 Kidneys and macaroni, Lunch, 53.
 — devilled, High Tea, 27, 73.
 — Lunch, 94, 104.
 — en Brochette (en brosh-et'), Dinner, 59, 88. Lunch, 12, 83.
 Kidneys, grilled, Breakfast, 3, 11, 17, 25, 35, 43, 46, 55, 59, 69, 76, 78, 92, 105, 110, 115, 125, 134, 138, 149, 159. Dinner, 184. High Tea, 19, 100, 120, 168. Lunch, 7.
 — stewed, Lunch, 62, 109.
 Kipper toasts, Dinner, 39, 127.
 — High Tea, 103, 167.
 Kippers, Breakfast, 4, 9, 19, 39, 41, 47, 54, 63, 67, 71, 76, 82, 87, 96, 100, 109, 116, 127, 133, 137, 140, 141, 145, 148, 152, 157, 162, 166, 174, 182, 186, 189, 194.
 — High Tea, 15, 22, 29, 48, 59, 80, 196.
 — au gratin (ō grā'tin), Dinner, 11, 28.
 LAMB CHOPS, Dinner, 47, 121.
 — cold, Dinner, 75, 85, 99, 127, 174.
 — Lunch, 13, 20, 31, 57, 64, 79, 137, 157.
 — curried, Lunch, 32, 100.
 — cutlets, Dinner, 9, 17, 27, 49, 55, 61, 73, 77, 87, 94, 109, 152, 180.
 — jellied, Lunch, 115.
 — left-over, menus for, curried, 32, 100.
 — jellied, 138.
 — pasties, 64, 86.
 — pasties, High Tea, 13, 64, 86.
 — roast, Dinner, 13, 20, 28, 31, 58, 63, 74, 78, 85, 99, 115, 127, 137, 150, 158, 173, 198.
 — salad, jellied, Lunch, 137.
 — stewed, Lunch, 136.

PRONOUNCING GLOSSARY

- Lancashire hot-pot, Dinner, 41, 111, 140. Lunch, 49, 59, 157.
 Lawn tennis cake, 84.
 Left-overs, suggestions for, x.
 Lemon blanchmange (bla-mawnz), Dinner, 175, 182.
 — — — Lunch, 17, 38, 85, 102.
 — cheese, 95.
 — — — tartlets, Dinner, 8.
 — — — Lunch, 43, 102, 190.
 — cream pie, Dinner, 41, 47. Lunch, 164.
 — meringue (me-rang') pie, Dinner, 7, 56, 73, 85, 101, 121, 130.
 — milk jelly, Dinner, 13.
 — — — Lunch, 63, 68, 90, 141, 180.
 — sauce, 15.
 — soufflé (sóó'flá), Dinner, 46.
 — sponge, Dinner, 199.
 — — — Lunch, 53, 100, 127.
 — turnips, 63.
 Lentil purée (pū'rā), Dinner, 3, 23, 54, 110, 138, 158. Lunch, 65.
 Lime curd tartlets, Dinner, 148, 157.
 Liver and bacon, Breakfast, 88, 196.
 — — — Dinner, 192. High Tea, 109, 117.
 — — — Lunch, 10, 33, 44, 63, 65, 75, 159.
 — — — toasts, High Tea, 100.
 — casserole (kass'er-ól) of, Dinner, 7, 23, 105, 119, 137, 149, 179, 198.
 — — — High Tea, 28. Lunch, 37, 102.
 — pâté (pá'tā), Dinner, 42, 87.
 — — — High Tea, 8, 26, 92, 99, 160.
 — — — toast, Dinner, 4.
 — sausage, High Tea, 10, 47, 74, 80.
 — — — canapés (ká'ná-pā), Dinner, 123.
 — — — — — Lunch, 38.
 Lobster au gratin (ô grá'tín), Dinner, 26, 106, 167.
 — — — devilled, Lunch, 108.
 — — — mayonnaise (mā-on-āz'), Dinner, 66.
 — — — mould, Dinner, 99.
 — — — Newburg, Dinner, 34, 45, 64, 82, 90, 114, 164.
 — — — Thermidor (tér'mi-dor), Dinner, 77.
 Loganberry Charlotte (shar'lot), Dinner, 3, 84.
 — — — flan, Dinner, 96.
 — — — fool, Dinner, 32, 53, 74, 137, 150.
 — — — — — Lunch, 97.
 — — — — — roll, Dinner, 52.
 MACARONI AND HAM PIE, High Tea, 115.
 — — — cheese, High Tea, 18, 21, 95.
 — — — — — Lunch, 19, 40, 56, 57, 178, 183.
 — — — croquettes (krō-ket'), Lunch, 46, 64, 70.
 — — — scalloped, Lunch, 133, 169.
 Mackerel, Breakfast, 51. Dinner, 6, 143.
 — — — High Tea, 96. Lunch, 40, 65, 86.
 — — — baked stuffed, Lunch, 130.
 Malnutrition, to avoid, xiv-xvii.
 Mandarin trifle, Dinner, 168.
 Marmalade pudding, Dinner, 12, 196.
 — — — — — Lunch, 34, 146, 161.
 Marrow soufflé (sóó'flá), 145.
 Meat balls, Oxford, Lunch, 32.
 — — — cakes, High Tea, 21. Lunch, 93, 109.
 — — — loaf, 8, 145, 188.
 Meatless menus, 169-171.
 — — — to plan, 169.
 Melton Mowbray pie, High Tea, 74, 109, 123, 157. Lunch, 4, 91, 97, 104.
 Menus, to alter, xi-xii.
 Midget scramble, Breakfast, 144.
 Milk jellies, various, Dinner, 13, 174.
 — — — — — Lunch, 23, 39, 57, 60, 63, 68, 86, 90, 109, 112, 124, 141, 163, 180.
 — — — value of, xvi.
 Mince pies, Lunch, 167.
 — — — tart, Dinner, 161. Lunch, 49.
 Mincemeat roll, Dinner, 17.
 Minerals, xv.
 Minestrone (min-es-trō'ni), Dinner, 12, 29, 43, 75, 96, 108, 127, 134, 146, 159.
 Mixed grill, Dinner, 156.
 Mock crab, High Tea, 166.
 — — — duck, cold, Lunch, 35.
 — — — — — roast, Dinner, 35, 65, 187.
 — — — fillets of sole, Dinner, 171.
 — — — turtle soup, Dinner, 7, 27, 31, 71, 93, 108, 120, 140.
 Mullet, Red, Dinner, 134.
 Mulligatawny (mul-i-ga-taw'ni) soup, Dinner, 11, 28, 58, 70, 74, 112, 141, 150, 164, 191.
 Mushroom and kidney toast, High Tea, 97.
 — — — — — tomato canapés (ká'ná-pā), Dinner, 16.
 — — — — — cream of, Dinner, 11, 20, 41, 44, 66, 79, 92, 113, 150. Lunch, 9, 189.
 — — — omelet, Breakfast, 83, 98, 126, 132, 180, 192. Dinner, 128. Lunch, 16, 70, 171.
 — — — — — relish, 164.
 — — — — — toasts, Dinner, 107.
 — — — — — stuffed, High Tea, 131.
 Mushroomettes, 172.
 Mushrooms, Breakfast, 103.
 — — — — — Dinner, 34, 130, 133, 138, 144, 160, 170, 171. High Tea, 48, 76, 105, 109, 121, 127, 135.
 — — — — — left-over, menu for using, omelet, 16.
 Mutton, boiled, Dinner, 131.

INDEX AND

Mutton broth, Dinner, 26.
 — chops, Dinner, 1, 22, 38, 60, 72, 80, 103, 113, 142, 148, 161.
 — cold, Dinner, 12.
 — — Lunch, 26, 69, 132, 166.
 — croquettes (krō-ket'), High Tea, 166.
 — curried, Dinner, 92. Lunch, 162.
 — cutlets, Dinner, 63, 97.
 — haricot (har'i-kō), Dinner, 37, 113, 186, 198. Lunch, 6, 146.
 — hot-pot, Dinner, 10.
 — left-over, menus for using, broth, 26.
 — — croquettes (krō-ket'), 166.
 — — curried, 92.
 — — salad, 162.
 — — toad, 132.
 — pies, High Tea, 34, 56, 60, 104, 140, 145, 159.
 — roast, Dinner, 11, 25, 68, 92, 166.
 — salad, Lunch, 162.
 — stew, Dinner, 51.

NORWEGIAN CREAM, Dinner, 55, 129.

OMELET, asparagus, Breakfast, 79.
 — — High Tea, 75.
 — — bacon, Breakfast, 163.
 — — High Tea, 54, 150.
 — — ham, Breakfast, 9, 24, 60, 68, 77, 81, 111, 117, 138.
 — — jam, Dinner, 19, 125, 135.
 — — kidney, Breakfast, 30, 36, 44.
 — — — Lunch, 93.
 — — mushroom, Breakfast, 83, 98, 126, 132, 180, 192.
 — — — Dinner, 128. Lunch, 16, 70, 171.
 — — one egg, Breakfast, 174.
 — — sardine, Lunch, 130.
 — — savoury, Breakfast, 63, 88, 89, 122, 142, 154.
 — — shrimp, High Tea, 5, 7, 73.
 — — Spanish, Dinner, 169. High Tea, 119.
 — — spinach (spin'ij), Breakfast, 107, 148.
 — — tomato, Breakfast, 13, 21, 53, 180.
 — — tongue, Breakfast, 1, 28, 31.
 Onion soup, Dinner, 10, 46, 91, 99, 121, 145. Lunch, 6, 165.
 Orange and mint salad, 88.
 — — custard sauce, 10.
 — — fritters, Dinner, 17, 143, 198.
 — — meringue (me-rang') pie, Dinner, 26, 114.
 — — milk jelly, Lunch, 57, 60, 109.
 — — roll, Lunch, 24.
 — — sponge, Lunch, 56, 136.
 Oxford meat balls, Lunch, 32.
 Oxtail, braised, Dinner, 16.

Oxtail soup, Dinner, 5, 29, 40, 64, 122, 160.
 Oyster cocktail, Dinner, 39, 128.
 — — rarebit (rab'it), High Tea, 158.
 — — stew, Dinner, 64, 102. Lunch, 18.
 Oysters, Dinner, 4, 124, 167.
 — — au gratin (ô grā'tin), Dinner, 127, 148.
 — — in batter, fried, Dinner, 45.
 — — scalloped, Dinner, 54, 130, 168.

PANCAKES, Dinner, 73, 184.
 — — Lunch, 30, 143, 155, 158.
 — — Californian, Lunch, 171.
 — — Celestine (sāl'es-tên), Dinner, 34.
 — — potato, 6.
 Partridge, roast, Dinner, 117, 129, 149.
 Passion fruit cocktail, 157.
 Pâté de foie gras (pā'tā də fwā grā), Dinner, 168.
 Peach Betty, Dinner, 1, 116.
 — — flan, Dinner, 21, 53, 171.
 — — fritters, Dinner, 31, 34.
 — — trifle, Dinner, 178. Lunch, 84.
 Peaches, left-over, menus for, syrup, 31.
 — — — trifle, 178.
 Pear flan, Dinner, 27, 76. Lunch, 16.
 Petrushkas (pet-rōōsh'kaz), 29.
 Pheasant, Bohemian, casserole (kass'er-öl) of, Dinner, 94, 146.
 — — boiled, Dinner, 142.
 — — left-over, menu for using, paste, 4.
 — — paste, High Tea, 4.
 — — roast, Dinner, 4, 138, 159, 168.
 Pigeons, stewed, Dinner, 44, 76.
 Pineapple amber, Dinner, 140.
 — — Charlotte (shar'lot), Dinner, 78, 91, 101, 118, 127, 154, 177.
 — — flan, Dinner, 5, 158.
 — — fresh, to serve, 63.
 — — fritters, Lunch, 28, 51, 78, 96, 114.
 — — jelly, Lunch, 107.
 — — left-over, menus for using, Charlotte (shar'lot), 101, 118.
 — — — fritters, 51, 78, 96.
 — — — sponge, 39.
 — — — milk jelly, Lunch, 23, 112.
 — — soufflé (sōō'flā), Dinner, 9, 143, 162.
 — — sponge, Lunch, 39, 86, 132.
 — — trifle, Dinner, 50, 52, 64.
 Plaice, Dinner, 10, 26, 50, 57, 69, 75, 84, 100. Lunch, 6, 116, 121.
 — — au gratin (ô grā'tin), Dinner, 63, 139, 164.
 — — baked stuffed, Dinner, 113.
 Planning menus, xiv-xvii.
 Plovers (pluv-erz), roast, Dinner, 128.
 Plum flan, Dinner, 116.
 — — pudding, Dinner, 167.

PRONOUNCING GLOSSARY

- Plum pudding, fried, Lunch, 167.
 — summer pudding, Dinner, 109.
 — tart, Dinner, 100, 104. Lunch, 115.
 Polish rabbit, Lunch, 73.
 Poloni (pol-ô'ni), Lunch, 13.
 Pork, casserole (kass'er-ôl) of, Dinner, 2.
 — chops, Dinner, 10, 40, 128, 137, 192.
 — — Lunch, 37.
 — cold, Dinner, 5, 33, 120, 134, 144, 191. High Tea, 45.
 — — Lunch, 25, 52, 113, 155.
 — croquettes (krô-ket'), Lunch, 144.
 — curried, Dinner, 17.
 — custards, baked, Lunch, 33.
 — galantine, High Tea, 26. Lunch, 11.
 — left-over, menus for, croquettes, 144.
 — — curried, 16.
 — — custards, 33.
 — — salad, 46, 114.
 — — terrapin, 5, 30, 135, 156.
 — pie, High Tea, 2, 44, 128, 132, 144, 149, 196. Lunch, 9, 21, 48, 62, 116, 168, 185, 190.
 — roast, Dinner, 4, 15, 24, 29, 32, 52, 113, 120, 134, 144, 155.
 — stuffing for, 24.
 — terrapin, High Tea, 156.
 — — Lunch, 5, 30, 135.
 Potato and carrot soup, Dinner, 196.
 — cream of, Dinner, 17, 57, 113, 117, 123.
 — pancakes, 6.
 — soup, Dinner, 161.
 Potatoes, baked stuffed, 19.
 — Lyonnaise (lê-on-âz'), 42.
 — stoved, 132.
 Praline (prâ'lên), kisses, 160.
 Prawn curry, Breakfast, 40, 56, 118, 145.
 — — High Tea, 12, 60, 148. Lunch, 21.
 — mayonnaise (mâ-on-âz'), High Tea, 85, 94.
 — salad, High Tea, 29.
 Prawns au gratin (ô grâ'tin), Dinner, 105.
 Proteins (prô'tênz), xiv-xv.
 Prune fool, Dinner, 29.
 — fritters, Lunch, 35, 146.
- QUANTITIES per person, xiii.
 Queen of puddings, Lunch, 62, 117, 145, 159, 182.
 Quince sponge, Dinner, 49.
- RABBIT, baked, Lunch, 132.
 — broth, Dinner, 10, 119, 164. Lunch, 8.
 — casserole (kass'er-ôl) of, Dinner, 144.
 — fried, Dinner, 28, 38. Lunch, 119, 151.
 — galantine, High Tea, 125.
 — left-over, menus for using, broth, 8, 10, 119.
- Rabbit, left-over, mould, 152.
 — mould, Lunch, 152.
 — pie, Dinner, 140. High Tea, 113.
 — — Lunch, 18, 23, 163.
 — stewed, Dinner, 184, 195, 198.
 — — Lunch, 10, 166.
 Raisin bread pudding, Lunch, 35.
 — puffs, Dinner, 35.
 — rice pudding, Lunch, 12, 138.
 Rarebit (rab'it), buck, High tea, 6, 143, 154.
 — crab, High Tea, 12.
 — creole (krê'ôl), Dinner, 162.
 — ham, Lunch, 163.
 — oyster, High Tea, 158.
 — Welsh, Dinner, 1, 17, 48, 57, 126, 145.
 — — High Tea, 43, 54, 71, 105, 109, 115, 120, 145, 163.
 — — Lunch, 170, 184, 186.
 Raspberry Charlotte (shar'lot), Dinner, 18, 40, 60, 133.
 — milk jelly, Dinner, 174. Lunch, 39.
 — sponge, Dinner, 45.
 — summer pudding, Dinner, 87.
 Recipes, to find, x.
 Red currant fool, Lunch, 87.
 Rhubarb Betty, Lunch, 64.
 — chutney, 50.
 — fool, Dinner, 42, 71.
 — jelly, Lunch, 41.
 — summer pudding, Lunch, 68.
 Rice and pineapple, Dinner, 16.
 — apricot, Lunch, 114.
 — Belgian, Lunch, 3.
 — creamed, Dinner, 199.
 — — Lunch, 45, 105, 153, 166.
 — custard, Lunch, 147.
 — mould, coffee, Dinner, 131.
 — pudding, baked, Lunch, 5.
 — — raisin, Lunch, 12, 138.
 Risotto (riz-ot'tô), Lunch, 46.
 — creole (krê'ôl), Lunch, 180.
 Ritz creams, Dinner, 3, 83.
 — fool, Dinner, 128.
 Roe, cod's, Breakfast, 34, 139.
 — — Lunch, 22.
 — — curried, Dinner, 155.
 — smoked, Dinner, 10.
 Roes, haddock, Breakfast, 160.
 — on toast, Dinner, 21, 24, 41, 92, 109, 112, 129, 139.
 Roly-poly, fruit, Dinner, 195.
 — gooseberry, Lunch, 20.
 — savoury, Lunch, 150, 160.
 — strawberry, Lunch, 30.
 Romney (rum'ni), patties, High Tea, 134.
 Russian eggs, Dinner, 46.

INDEX AND

- SAGO PUDDING, baked, Lunch, 10, 152.
- Salad dressing, hot, 36.
- Salmon bisque (bèsk), Dinner, 16, 87.
- boiled, Dinner, 27, 33, 39, 41, 59, 62, 79, 89, 110, 118, 126.
- — High Tea, 81.
- cakes, Breakfast, 3, 16, 21, 32, 45, 62, 66, 68, 74, 96, 104, 110, 122, 156, 188. High Tea, 34, 52, 78.
- creamed, Dinner, 183.
- croquettes (krò-ket'), Dinner, 42, 61.
- — High Tea, 20, 133.
- cutlets, Dinner, 15, 22.
- kedgeriee (ked-jer-è'), Breakfast, 48, 70, 113, 129, 150, 164.
- left-over, menus for using, cakes, 16.
- — kedgeriee, 164.
- mayonnaise (mā-on-āz'), 34, 59, 63, 72, 90, 119.
- — scallops, 126.
- loaf, Dinner, 199. High Tea, 7.
- — Lunch, 29, 49, 91, 107, 117, 143, 164, 179.
- mayonnaise (mā-on-āz'), High Tea, 83, 119. Lunch, 34, 72, 90.
- scallops, Dinner, 103.
- — High Tea, 126, 151, 162.
- smoked, Dinner, 3, 49, 163.
- soufflé (sôf-flā), Dinner, 1, 53, 75, 80, 95. High Tea, 155. Lunch, 88.
- steaks, Dinner, 86, 94, 135.
- vol-au-vent (vôl-ô-van), Lunch, 39.
- Sardine omelet, Lunch, 130.
- Sardines, Dinner, 29, 36, 47, 57, 60, 84.
- High Tea, 1, 16, 32, 49, 65, 86, 89, 111, 134, 141, 147, 156.
- Lunch, 181, 191.
- au gratin (ô grā'tin), High Tea, 122.
- Sausage and bacon rolls, High Tea, 18.
- — egg scramble, Breakfast, 58, 158.
- cakes, Breakfast, 18, 22, 32, 50, 112, 146, 192. High Tea, 11, 102, 154.
- — Lunch, 60.
- fritters, Breakfast, 39.
- liver, High Tea, 10, 47, 74, 80.
- — canapés (ká-nā-pā), Dinner, 123.
- — Lunch, 38.
- rolls, High Tea, 4, 31, 53, 147, 153.
- — Lunch, 195.
- smoked, High Tea, 128.
- Sausages, Breakfast, 1, 6, 23, 30, 41, 43, 47, 57, 67, 72, 79, 92, 95, 101, 107, 114, 127, 136, 140, 151, 162, 163, 168, 178, 181, 187, 194. Dinner, 191. High Tea, 37, 82, 116, 136, 158, 160. Lunch, 14.
- Sausages, tomato, Breakfast, 4, 20, 27, 36, 70, 130, 157, 168. High Tea, 51.
- Savoury roly-poly, Lunch, 150, 160.
- Scallops au gratin (ô grā'tin), Dinner, 13.
- fried, Dinner, 156.
- School lunch boxes, 200.
- Scotch Angels on horseback, Dinner, 24, 33, 40, 78, 97, 153.
- broth, Dinner, 2, 7, 31, 48, 84, 97, 106, 144, 157, 163, 180, 186.
- collops, Dinner, 93, 153, 187, 198.
- — High Tea, 20. Lunch, 9, 14, 27, 43, 63, 84, 110, 140.
- eggs, High Tea, 9, 30, 91, 110, 136.
- — Lunch, 195.
- scrapple, Breakfast, 124.
- Seasonal change of menus, xi.
- Semolina (sem-ô-lé'na) mould, Lunch, 27, 82, 98.
- pudding, Dinner, 6, 198.
- — Lunch, 61, 70, 123, 162.
- Sheep's hearts, stuffed, Dinner, 69, 83.
- — — Lunch, 41, 139.
- tongues, Dinner, 135.
- Shepherd's pie, Dinner, 182. Lunch, 8, 59, 68, 82, 87, 96, 149, 153.
- — veal, Lunch, 107.
- Shrimp cracknels, High Tea, 87.
- omelet, High Tea, 57, 73.
- toast, High Tea, 8, 91.
- Shrimps, Lunch, 194.
- buttered, High Tea, 144.
- left-over, menu for using, egg and shrimp scramble, 26.
- on toast, High Tea, 25.
- potted, High Tea, 122, 164.
- Silverside, cold, Lunch, 4, 57, 78, 89, 99, 119.
- hash, Lunch, 99.
- left-over, menu for using, hash, 99.
- Scotch boiled, Dinner, 3, 56, 78, 89, 98, 119, 150, 175.
- Sir Walter Raleigh pudding, Dinner, 132. Lunch, 10, 52.
- Skate, Dinner, 12, 72, 107, 140.
- Slimming, diet for, 173.
- Smelts, Dinner, 52, 79, 117, 128.
- baked, Dinner, 109.
- Sole, Dinner, 19, 32, 73, 87, 104, 134, 147, 156, 160, 168, 174.
- à la Portugaise (por-tû-gāz'), Dinner, 44, 76, 154, 163.
- au gratin (ô grā'tin), Dinner, 18, 88, 109, 157.
- Florentine (flor'en-tên), Dinner, 11, 115, 140.
- mock fillet of, Dinner, 171.

PRONOUNCING GLOSSARY

- Sole Mornay, Dinner, 37, 56, 68, 95, 132, 137, 151.
 Spaghetti (spa-*get* 'ti) cheese, Dinner, 191.
 — High Tea, 43, 48. Lunch, 187.
 — devilled, High Tea, 16, 24, 143.
 — Lunch, 50, 75, 110.
 — Italian, Dinner, 170. Lunch, 20.
 — ragoût (rà-*gôô*'), Lunch, 158.
 — scalloped, Lunch, 15.
 Spanish meat loaf, Lunch, 123.
 — omelet, Dinner, 169. High Tea, 119.
 Spinach (spin'ij), left-over, menus for using, omelet, 107, 160.
 — omelet, Breakfast, 107, 148, 160.
 — scalloped, 85.
 Split pea purée (pū'rā), Dinner, 13.
 Sponge pudding, Lunch, 16, 61, 154, 168.
 Starchy foods, xii.
 Steak, Dinner, 6, 14, 34, 57, 65, 79, 84, 89, 101, 105, 125, 130, 133, 146, 158, 163, 174, 178, 183, 190, 194, 198.
 — and kidney pie, Dinner, 11, 27, 30, 32, 48, 100, 107, 135, 143, 147, 188, 190, 195. Lunch, 128, 183.
 — pudding, Dinner, 14, 43, 126, 151, 164.
 — casserole (kass'er-*ôl*) of, Dinner, 95.
 Strawberry blanchmange (bla-*maunzh*'), Lunch, 78.
 — buns, 149.
 — creams, Dinner, 113.
 — ice-cream, Dinner, 80, 90.
 — jelly, Lunch, 79.
 — mousse (môôs), Dinner, 111, 155.
 — roll, Lunch, 33.
 — roly-poly, Lunch, 30.
 — shortcake, Dinner, 15, 75. Lunch, 91.
 — tarts, Lunch, 80.
 Stuffing for pork, 24.
 Sultana sponge puff, Lunch, 59, 89.
 Summer pudding, 68.
 Sweetbreads, Dinner, 21, 107, 199.
 — Lunch, 45.
 Swiss apple pudding, Lunch, 31, 123, 142.
 Syrup roll, Lunch, 6.
 TANGERINE JELLY, Lunch, 85.
 — milk jelly, Lunch, 163.
 — sponge, Dinner, 30.
 Tapioca (tap-i-*ô'ka*) cream, Dinner, 145.
 — Lunch, 14, 22, 28, 40, 49, 54, 65, 66, 87, 93, 99, 106, 180.
 — fig, Lunch, 63, 76.
 — pudding, baked, Lunch, 134.
 Tea soufflé (sôô'flā), Dinner, 130.
 Teal, roast, Dinner, 20, 132.
 Topsy cake, 136.
 — squire, Dinner, 39, 78, 102, 116, 154.
 Toad-in-the-hole, Dinner, 193.
 — High Tea, 40, 132.
 — Lunch, 1, 34, 100, 122, 139.
 Toasties, 172.
 Tomato and bean purée (pū'rā), Dinner, 129, 150.
 — cream of, Dinner, 36, 61, 85, 90, 190.
 — Lunch, 53, 137, 153, 177, 181.
 — juice cocktail, 22.
 — omelet, Breakfast, 13, 21, 53, 180.
 — sausages, Breakfast, 4, 20, 27, 36, 70, 130, 157, 168. High Tea, 51.
 — soup, Dinner, 1, 14, 33, 59, 68, 73, 76, 81, 88, 109, 166, 174, 175, 179.
 — Lunch, 43.
 Tomatoes, breaded, 25.
 — left-over, menu for using, stuffed, 23.
 — stuffed, 23, 52, 120, 142.
 Tongue, Dinner, 12.
 — High Tea, 36, 39, 66, 68, 83, 111, 118.
 — Lunch, 1, 12, 61, 76, 88, 89, 100, 106, 120, 126, 137, 179, 189.
 — and egg mayonnaise (mā-on-*āz*'), High Tea, 70.
 — scramble, Breakfast, 15.
 — braised, Dinner, 54, 83, 124.
 — creamed, Lunch, 148.
 — left-over, menus for, omelet, 1, 31.
 — salad, 71, 124, 141.
 — toasts, 12.
 — omelet, Breakfast, 1, 28, 31.
 — salad, High Tea, 124. Lunch, 71, 141.
 — toast, Dinner, 12.
 Treacle scones, 153.
 — tart, Dinner, 22, 67, 187, 198.
 — Lunch, 36, 137.
 Trifles, various, Dinner, 8, 25, 36, 42, 50, 52, 64, 70, 84, 107, 132, 138, 148, 151, 158, 167, 168, 178, 181.
 Tripe and onion pie, Dinner, 196.
 — — Lunch, 133.
 — — onions, High Tea, 44, 152.
 — — Lunch, 3, 37, 142, 154.
 Trout, Dinner, 21, 93.
 — à la Meunière (à là mœ'nē-*ēr*), Dinner, 82, 111, 116, 133, 149.
 — Rainbow, Dinner, 62, 97, 119.
 Tunny fish canapés (kā'nā-pā), Dinner, 5, 35, 43, 148.
 — — High Tea, 92, 95, 113.
 — scallops, Dinner, 68, 131.
 Turbot, Dinner, 42, 66, 83, 121, 138, 143.
 — Florentine (flor'en-tēn), Dinner, 54, 101, 161, 168.

INDEX AND PRONOUNCING GLOSSARY

- Turbot, left-over, menus for using, scallops, 67.
- Turkey and ham croquettes, High Tea, 168.
- broth, Dinner, 37, 83, 168.
 - cold, Dinner, 19, 36, 167.
 - croquettes (krō-ket'), lunch, 82.
 - left-over, menus for using, broth, 36, 83.
 - — croquettes (krō-ket'), 82, 168.
 - — pancakes, 19.
 - — salad, 168.
 - — scallops, 82.
 - — pancakes, Lunch, 19.
 - roast, Dinner, 18, 36, 81, 167.
 - salad, Lunch, 168.
 - soup, Dinner, 19.
- Turnips, lemon, 63.
- VANILLA BAVAROIS** (bā'vār-wā), Dinner, 62, 110.
- blancmange (bla-mawnz'), Dinner, 111. Lunch, 2, 81.
 - ice-cream, Dinner, 61, 65, 68, 72, 76, 79, 81, 88, 98, 102, 108, 180, 199. Lunch, 122.
 - milk jelly, Lunch, 86.
- Veal and green pea patties, High Tea, 51.
- — Ham, Lunch, 51.
 - — — pie, High Tea, 52, 57, 64, 71, 84, 112, 153, 167.
 - — — Lunch, 15, 83, 86, 98, 185.
 - — rice custards, Lunch, 127.
 - blanquette (blan-ket') of, Dinner, 67.
 - casserole (kass'er-öl) of, Dinner, 45, 136, 154, 199.
 - chops, baked, Dinner, 75.
 - cold, Dinner, 71.
 - — Lunch, 66, 77, 101, 106, 114.
 - creamed, Lunch, 43.
 - galantine, Dinner, 199.
 - — High Tea, 102. Lunch, 34.
 - left-over, menus for using, patties, 51.
 - — salad, 62.
 - — shepherd's pie, 107.
 - Marengo (mā-ren'go), Dinner, 34.
- Veal, olives, Dinner, 36, 87, 168.
- roast, Dinner, 9, 17, 43, 50, 62, 66, 71, 76, 101, 106, 114, 180.
 - salad, High Tea, 62.
 - scallops, Dinner, 35, 72, 80, 90, 139.
 - shepherd's pie, Lunch, 101.
 - stewed, Dinner, 85, 98.
 - — Lunch, 46, 127, 150.
 - — breast of, Dinner, 96.
- Vegetable broth, Dinner, 22, 36, 38, 40, 54, 59, 65, 69, 78, 85, 93, 116, 129, 139, 170, 174, 178, 184, 192.
- — Lunch, 4, 102.
 - — curry, Dinner, 171.
 - shortcake, Dinner, 171.
 - soup, Lunch, 15.
 - — brown, Dinner, 61.
 - — clear, Dinner, 82, 123, 130.
 - stock, 169.
- Venison, left-over, menu for using, miroton (mēr'ō-ton), 162.
- miroton (mēr'ō-ton) Dinner, 162.
 - roast, Dinner, 162.
 - steaks, grilled, Dinner, 164.
- Viennese pudding, Dinner, 64, 89.
- — Lunch, 60.
- Vitamins (vī'tā-minz), xv-xvii.
- WALDORF SALAD**, 29.
- Walnut blancmange (bla-mawnz'), Dinner, 133.
- cutlets, Dinner, 170.
 - jelly, Dinner, 21, 77, 152.
- Waste, to avoid, xiii-xiv.
- Welsh cheese pasties, Lunch, 171.
- Welsh rarebit (rab'it), Dinner, 1, 17, 48, 57, 126, 145. High tea, 43, 54, 71, 105, 109, 115, 120, 145, 163. Lunch, 170, 184, 186.
- Whitebait, Dinner, 3, 31, 91, 96, 112, 122.
- Whiting, Dinner, 130.
- Widgeon (wij'on), Dinner, 26, 147, 156.
- Wild duck, roast, Dinner, 163.
- Wine jelly, Dinner, 45, 119.
- Working man, menus for, 193-196.
- ZABAGLIONE** (zā-bā-glē-ō'nā), Dinner, 54, 91.

